The Flow of Consciousness

Written by
Tomekichi Taike & Kayo Shiokawa

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Tomekichi Taike/Kayo Shiokawa

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Mr. Taike was born in Osaka, Japan in 1926. After retiring from his career as a high school principal in Osaka, he has been giving seminars on the subject of "Reflecting on Your Own Heart" and "Mankind is Consciousness" for over 30 years.
Books: Ishiki No Nagare, Zoku Ishiki No Nagare

Kayo Shiokawa (born March, 1959)

Ms. Shiokawa was born in Osaka , Japan in March 1959. In March 1991, she became a certified tax accountant and engaged in tax-related business. In 2015, she quit her job as a certified tax accountant and continued her seminar activities following the legacy of Mr. Taike.
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The Flow of Consciousness

Introduction

Summary of Introduction

I sincerely thank you for your interest in this book. Humanity has long mistaken the visible world of the physical being for reality, neglecting the unseen flow of consciousness. This book conveys that our true nature is eternal consciousness. My hope is that it awakens you to your authentic self, guiding you toward genuine joy and tranquility.

Thank you for picking up this book. I am truly grateful and overjoyed. After a long, long time, we have finally met. Although it is part of the plan, it brings me great joy.

First, I ask that you embrace the joy of your birth. Feel the warmth of your mother in your heart. Understand the true meaning of life and live it to the fullest.

"You are now experiencing the flow of consciousness. All consciousness exists within this flow." These words may raise several questions for you: What exactly is the flow of consciousness? What does it mean that all consciousness exists within this flow? What does it mean to be in this flow?

The concepts I will share with you are not found in any previous texts. This is because no human being has ever encountered the truth. While humanity has sought the truth for centuries, in reality, no one has known or understood it before passing away. Thus, no one has ever truly been saved. Neither gods, Buddhas, nor the power of the universe have the ability to save us. Unless we awaken to the truth ourselves, salvation is impossible. The flow of consciousness clearly conveys this, and I want you to understand that all of us are part of this flow.

The central question here is: What is the truth, and will humanity ever awaken to it? There is one key point you need to grasp: the world of truth is beyond the understanding of the human mind. The truth can only be comprehended by your heart, not your intellect. This is something I want to clarify from the beginning.

So, how can we come to know this world of truth that is impossible to grasp intellectually? I will now guide you step by step through the process.

I have taken on physical form on this earth for the first time in order to convey the truth to as many people as possible. For the past 20 years, through seminars and my website, I have been delivering this message of truth. As a result, one person has finally awakened to the truth. This person, along with many others, will reconnect with me in 250 years, on American soil, continuing the work we began in this life. We are immensely fortunate now. For us, life and death are equally met with gratitude, happiness, and joy. Life is not a burden, but a joy.

The truth I wish to convey is this: "We human beings are not our physical bodies. Our true nature is consciousness, which exists eternally." It is truly a Copernican shift in understanding. Humanity has been mistaken from the very beginning, treating the physical form as the ultimate reality. This misconception has persisted throughout history. Looking at the state of the world, it is clear. Despite countless calls for peace, prayers, and aspirations for happiness, we remain mired in ignorance, ego, and greed. Unaware of the true world, humanity continues to resist the flow of consciousness and will, as always, endlessly repeat cycles of birth and death, moving from one hell to another.

Is it acceptable for you to die without knowing the flow of consciousness? I sincerely hope that you will come to know the true world, encounter your true self, and live an authentic life

aligned with that truth.

Since I was young, I have constantly questioned myself about the following:

What lies between the visible and the invisible worlds?

Where did I come from, and where am I going?

Why was I born, and why am I here now?

What does my mother mean to me?

Who am I really? I want to meet my true self at least once before I die.

Why do I suffer and struggle with various challenges?

Is living fully in the present enough? Isn't there something wrong with that?

Do gods and Buddhas really exist? Will they truly protect and save me?

Is it acceptable to die as I am? Is there a world after death? Do heaven and hell really exist?

As I approach the end of my seminar work, I have felt an increasing desire to clarify these questions and document the true world and the flow of consciousness. I shared this intention with Ms. Kayo Shiokawa, who had quickly awakened to the truth, and she agreed to take on the task.

Ms. Shiokawa has written down my thoughts, aligning them with my heart, which resulted in the 2004 publication of The Flow of Consciousness – Together with Albert.

For this new edition, I asked her to edit the content into specific sections and include parts of my website series titled The

Winds of the Universe (Messages from the Universe). With this, the book has been enriched with new content and published in a fresh form.

We are filled with joy that we can now leave behind this truth of the world of consciousness, "I am you, and you are me," and the joy that comes with it in this way. We, as companions, wait with nothing but joy for our reunion in 250 years. We look forward to the joy and happiness of walking together, looking toward the same goal, and we hope that you will also feel this joy in your heart. We will wait as long as needed.

April 2010
Tomekichi Taike (Born 1926)

Note: Throughout this book, the word "flesh" is used frequently. This refers to the thoughts that consider the physical form as the ultimate reality. The "world of flesh" refers to the world perceived through your five senses—the visible and audible world. Simply put, it is the world you can see and hear. "Flesh" refers to the version of yourself that you believe exists within this world.

The world of flesh feels real because it can be seen, heard, and touched. However, there is an unseen world that cannot be heard, touched, or even seen, but it can be felt in your heart. I call this the "world of consciousness and vibrations." Up until now, the world you have known is the world of flesh. For example, when

you look in the mirror, you believe the reflection is you. Because you have always believed that the visible world is real, you have pursued joy and happiness within it.

This means that you have only focused on the "fleshly you" and have remained unaware of the existence of the "conscious you." At this point, it may not be easy to accept the idea that the conscious you is the true you, while the fleshly you is not. For now, it is enough to simply keep this concept in the back of your mind as you read through this book.

Chapter 1

My Life Has Always Been with the Seminars

Summary of Chapter 1

For about 20 years, I've held seminars in Japan to share insights discovered through reflecting deeply on my own heart. A core message is that depending solely on the visible, tangible world leads us away from the truth. Throughout history, even religious leaders and scientists have struggled to grasp reality, fixated on the physical. True understanding emerges only when we recognize our eternal nature as consciousness. I sincerely hope this book guides you to experience true joy, realizing that suffering arises not externally, but within the heart itself.

The Reasons and Background for Starting Seminars

For about twenty years, I have held seminars primarily in Japan. At a certain point in my life, I came to see that I was born to fulfill a particular purpose.

Through the process of looking into my own heart, I gradually came to understand certain things on a deeper level. And before I knew it, I had developed a strong desire to share what I had realized within myself. It was not simply a wish — I felt a deep sense of joy in conveying these truths. Moreover, I knew that this was not something I could do half-heartedly. I had to dedicate my entire being to it.

Thus, what began as a realization within me took form as seminars, which I have continued for about twenty years.

The Core Message of the Seminars : The Importance of Understanding with the Heart

The joy of sharing has been the sole driving force behind my work, and that will never change. I have poured everything I have into these seminars. I have never had the desire to leave behind a name, accumulate wealth, or "save" those who attend. I have simply opened and closed each seminar in the spirit of joy.

Those who have gathered at my seminars have heard my words directly and read the printed materials I have provided. Yet, even

for them, truly understanding what I wish to convey has not been easy. This is because the truth cannot be grasped by the intellect — it lies far beyond the workings of the human mind. And that concept itself has been difficult for people to grasp.

It is not about knowing with the head, nor is it about acquiring knowledge. It is about realizing with one's own heart. But for most, this is not an easy thing to comprehend.

We, as human beings, have long believed that the world we perceive through our five senses — what we see, hear, smell, taste, and touch — is the real world. We believe we exist within the tangible world that unfolds before us. Indeed, the world we see, hear, and touch feels undeniably real. This belief is deeply ingrained, to the point that we rarely question it. Within this framework, people strive to find happiness, seeking joy within the limited time they call "life."

However, I have spent the past twenty years conveying to those who attend my seminars that this belief — this way of thinking — is fundamentally mistaken.

Life Experiences : Becoming Aware of Energy

People with rich life experiences often have colorful personalities and never run out of stories to tell. Those who have mastered the art of navigating this world with wit and charm might speak of life's wonders from their own experiences.

But does enduring many hardships, gaining a wealth of experiences, and earning the reputation of being wise and broad-minded truly signify an understanding of life ?

The events of one's life are merely reflections of the thoughts and energy one has emitted. What you see before you now is the result of the energy you have put out into the world. Instead of boasting about past struggles or achievements, it is essential to recognize the energy you have projected throughout your life.

You were born into this body and this environment precisely to become aware of the misguided energy you have been emitting. That is the very reason for having a physical existence — for being born into this world.

A life that misses this fundamental point can only be described as an empty existence.

Questioning Modern Society

But who in today's world speaks of such things? Everything is structured around the tangible world. People live their lives without questioning this foundation.

Yet, despite this, I dare to share this message.

I ask you: Have you truly thought about it? Are you truly content with the way things are?

I do not expect an immediate answer. Most likely, your first response will be, "I don't know."

You might say, "Perhaps you have a point, but there's no need to overthink things. As long as life is enjoyable, that's enough. There's still plenty of time, and I can think about these things later. For now, I have my daily life to focus on."

The Significance of the Seminars : A Time of Joy

However, there is one thing I want you to understand: I have not spent these many years conveying things carelessly or half-heartedly. I did not hold seminars for twenty years on a mere whim.

I deliberately abandoned financial security to dedicate myself to the work I truly believed in, expressing my deepest convictions through the form of seminars. Naturally, they were offered free of charge.

I was never at the center of any hierarchy, nor did my seminars function as an organization built around me. There was no title to inherit, no wealth to pass on. What each participant took away from the seminars — what resonated within their hearts — may have become a kind of treasure for them.

Each seminar was complete in itself. Whatever was learned and felt during those sessions was then up to each participant to apply in their own life. This is the message I have consistently shared.

These seminars have been held in this manner. Of course, they are not part of any religion or moral teaching; they exist on an entirely different dimension.

Seminars are life itself. The time and space I shared with participants brought me nothing but joy. That alone was enough. I devoted my entire being to these seminars.

The Truth of Awakening : Proven by the Heart

Throughout history, there have been many who were revered as sages or enlightened beings. They sought truth through rigorous discipline and were recognized as having attained a certain level of realization. Yet, even they passed away without truly understanding what truth is or who they themselves really were. The proof of this is that they remain trapped in utter darkness even now. Furthermore, their followers, who worshipped them as teachers or deities, have likewise fallen into the same world. This is the undeniable reality.

Why, then, have those who were believed to be enlightened ended up in realms of suffering? It is because religious figures who preached about gods and Buddhas, as well as scientists who sought to explore the unknown, all attempted to discern truth while standing on a foundation that regards form as reality. But as long as one is bound to a framework where form is considered real, truth will never be revealed.

In other words, they never came to understand their own true nature. They could not answer the fundamental question: "Where do human beings come from, and where do they go?" They failed

to unravel this within their own hearts.

That is why, now, I wish to present the truth to those of you who have filled your hearts with false gods, Buddhas, powers, and religious beliefs — through the medium of this book.

Of course, I do not expect you to immediately believe the words of someone like me, a complete stranger to you. But this truth will eventually be proven within your own heart. The real you will reveal it to yourself. I have believed in this and have patiently waited for it to happen — and I will continue to wait.

A Message : My Wish for You

Over the years, many people have listened to my words. Among them, some have come to feel and confirm the truth within their own hearts. This brings me immense joy. And I sincerely hope that you, too, will become one of those people.

In my seminars, I have spoken about the time of your reincarnations on Earth, suggesting an approximate span of 360 million years. The numbers themselves are not the point. What matters is that you have lived for an unimaginably long time believing that your physical self is your true self. Given that, I have always known that it would be extremely difficult for you to grasp, within the short span of this lifetime, what I am conveying.

That is why I have repeated the same message, over and over again, in every seminar.

Naturally, ever since I began speaking about these matters, many people with so-called spiritual abilities — clairvoyants, channelers, and the like — have emerged around me. Through the practice of channeling, they began speaking more and more about the world of consciousness. This was one stage in the progression of the seminars. In the beginning, channeling served as an entry point to touch upon the world of consciousness, and to some extent, it played a meaningful role. In that sense, it had its value.

However, the true purpose of learning was for everyone to grow together through the seminars. Unfortunately, that did not always happen. Although the central focus of learning was meant to be "looking within the heart," the act of channeling itself became the main attraction. Over time, both those who channeled and those who received messages lost sight of the fact that channeling was meant to facilitate inner reflection. Instead, they became fixated on the act itself — on the channelers and their messages — straying far from the true path of learning.

What emerged was the very energy of a guru-disciple dynamic. A whirlwind of self-importance and insatiable desire swept them away, dragging them into a bottomless pit. Some have yet to free themselves from it, while others have looked within and realized their mistakes.

The seminars unfolded through many such moments.

Throughout this time, I encountered a wide range of words and attitudes from many different people. While most expressed joy and gratitude, there were also many who hurled harsh

criticism at me. Even so, I have continued on, believing that one day, even those people would come to understand what I was trying to share. And of course, I will continue on the same way.

Since I have never had the slightest interest in using the seminars for financial gain or personal recognition, no words or attitudes directed at me have ever shaken me. Regardless of whether someone understands or not, I have always approached each person with sincerity. I have remained true to myself, and I have engaged with everyone wholeheartedly.

And now, just as planned, my work is reaching its completion. This book serves as the final step in that process.

To me, the seminars were nothing but a time and space of pure joy. Within that space, I have shared everything I needed to share. Now, it is up to those who have heard my words to put them into practice and come to understand them within their own hearts.

The Body and Consciousness : Knowing Your True Self

I have always shared the message that the truth lies within the heart of every person — and that truth itself is your true self.

Let me put it this way. Right now, I exist as a human being with a Japanese identity, carrying a physical body. However, my true essence is consciousness, vibration. And the same is true for you.

At this moment, I am not speaking to you as my physical self.

It is my consciousness, my vibration, that is calling out to you from within your own heart. Yes — that "I" is none other than your true self.

Your true self is calling out to the "you" that exists in the physical world.

In the physical world, your body and mine are separate. We do not know each other's outward appearance or form. But in the realm of consciousness, we are one. There is no distinction, no boundary between you and me.

I understand this deeply, even as I exist in physical form.

You, on the other hand, have long believed that your physical self is your true self. You have drawn clear distinctions between yourself and others.

That is why I do not expect you to immediately respond to my call.

However, if you quietly trace the path of your thoughts, if you explore the world within your heart, you will surely begin to sense my presence.

The Place to Return To :
A Journey Back to Your True Self

Originally, you and I existed in the same world. However, the moment you believed that your physical form was your true self, you distanced yourself from me. It was you who turned away from me.

You abandoned your true self and clung tightly to a false self, carrying it within your heart for countless lifetimes. Now, at last, you have given yourself the opportunity to realize that this was a mistake. The deep longing to return to your true self — to go back home — has led you to be born into this lifetime.

Some have found their way to my seminars, while others have encountered this book. Either way, they have created their own opportunity to know the truth.

If you can feel this within your heart, then that is all that matters. Everything is a call from within you. Whether you choose to trust it and follow it, or cast it aside as meaningless, is entirely up to you. No one else can answer for you whether this is truly the truth.

There is only one way to find out: you must embark on the process of looking into your own heart. Because deep within, you already know the truth.

As you engage in this process, something within you will inevitably strike a chord — there will be a moment when you sense a response. Even if it is not immediately clear, you may find that certain words or passages from this book linger in your mind.

And one day, I believe, you will return to them. That is enough. When that time comes, your heart will begin to sense something, and from there, you will gradually come to understand.

In the end, the truth can only be understood through your heart. And it will, without fail, be understood by your heart. That has always been my unwavering belief.

This is why I have always welcomed those who seek and never pursued those who leave. Because my joy lies in sharing the truth, and nothing else.

I am just an ordinary person, a simple Japanese man. That is all my physical self is. My physical being holds no power. If you expect me to grant you power or rescue you from suffering, then there is no connection between us. Your desires and my purpose are fundamentally opposed.

What I have conveyed is, without a doubt, difficult to grasp. After all, each of you has your own life to live, and society flows in a particular direction. Freeing oneself from the pull of daily life and societal expectations is no easy task.

Most people do not even realize that they are completely bound within the framework of their practical lives and social norms. Because the visible world feels more real, believing in the unseen world is extremely difficult.

Even so, I will continue to share this message.

The shift from identifying with the physical to awakening to consciousness is indeed challenging. However, I have always been certain that there will be those who come to understand with their hearts.

Yes — I have been waiting for the awakening of consciousness.

And now, just as planned, I have had the opportunity to meet those individuals. For this, I am profoundly grateful. This lifetime has fulfilled its purpose.

The reality of what it means for a single person to connect

their heart 250 years into the future — humanity will come to witness this truth in time.

This learning does not end in this lifetime. It extends 250 years beyond this moment.

So, even if you have never attended my seminars, if something within this book resonates with your heart and connects you to your own future, then that is all that matters. I trust in that, and I will continue to wait in joy.

If, in this lifetime, I had held a prestigious title or been a famous figure, perhaps more people would have gathered around me. If I had had the support of a powerful sponsor and used their financial resources to hold large-scale lectures, my message might have reached a wider audience.

But I never needed money or followers. That was never my purpose in this lifetime.

What was necessary in this era was the awakening of consciousness. The most crucial task was to establish a connection in the heart that would extend 250 years into the future. Therefore, there was no need to gather large crowds or expand the seminars. I was simply waiting for those who would come to understand with their hearts.

And now, that purpose has been fulfilled. The joy I feel is beyond words — I am overflowing with gratitude.

Thank you. Thank you from the bottom of my heart.

My Path and My Realization

By the way, I have written that this is my first time being born into physical form in this lifetime. But that does not mean I am some kind of exceptional being, nor does it imply that I carry a grand mission.

For much of my life, I was oblivious to the truth. Like anyone else, I experienced struggles and suffering. I will not go into the details of my personal journey here, but I want you to know that I am not special.

For nearly fifty years after being born into this world through my mother's womb, I walked a life full of mistakes. Then, over the next ten years, through the process of looking into my own heart, I struggled and experimented, until at last, I arrived at the realization that what I sensed within my heart was the truth — the one and only true reality.

For the following twenty years, I grew alongside the seminars. The seminars nurtured me.

Today, I can say with certainty: I am happier than ever.

Looking back on my life, I have experienced many things, just like you — perhaps even more than most. Through my professional life, I have seen the hidden sides of human society. And from those experiences, I have come to the conclusion that human beings — including myself — are truly foolish creatures.

However, every single thing I have experienced has now turned into a blessing. I feel nothing but gratitude welling up

from within me.

Even in times when I sank into despair or tarnished my own heart, I now realize that every person I encountered and every event I experienced was necessary for me.

That is why I feel an even deeper sense of gratitude toward those whom I once saw as my adversaries — those who caused me pain.

Because, in truth, I had no enemies.

This was the greatest realization that emerged as I looked within my heart.

When I finally reached the understanding that I had never had a single enemy, I felt overwhelming joy.

Suffering does not come from the outside. It is not something imposed upon us by external forces.

I have come to know this truth through my own heart. Expanding my heart has been my greatest joy.

The many experiences I have had, and the many people I have met, have shaped me. They have broken down my ego and helped me grow.

Now, I have nothing but gratitude.

I invite you to align your heart with mine — to attune yourself to the world of vibrations and truth.

Feel the true world within your own heart.

This is what I have been sharing with you from the very beginning.

Chapter 2

The Truth I Conveyed with My Entire Life

Summary of Chapter 2

This chapter introduces a "Copernican revolution" in understanding ourselves—not as physical beings, but as consciousness and energy. Deeply rooted beliefs in the material world make this shift difficult, yet it is essential for grasping the truth. Humanity has long released energy driven by control and desire, which inevitably returns to us. The suffering we experience is not punishment but a guiding force, urging us toward self-awareness. By embracing suffering with warmth and kindness, we can awaken to our true selves and live a more authentic, fulfilling life.

Copernican Shift

As mentioned in the introduction, are you familiar with the term "Copernican shift"?

There is a fundamental difference between the belief that "the sun revolves around the earth" and the realization that "the earth actually revolves around the sun." This is a complete 180-degree reversal in perspective.

I have often referred to this term in my seminars to illustrate the idea that unless we experience such a shift within ourselves, we will never truly see the truth.

So, what do I mean by a Copernican shift?

It is this:

"We are not physical beings; we are consciousness. We are eternal life and energy, existing in the world of vibrations."

Though this truth can be expressed in just two lines, I am not asking you to understand it with your intellect. Instead, I ask that you grasp it with your heart.

However, this realization does not come easily. It will take a great deal of time for you to truly understand it.

Yet, one day, you will undoubtedly come to know this truth within your heart. And when you do, your way of perceiving the world, your way of thinking, and your value system will undergo a complete transformation.

You will begin to see life and death from an entirely different perspective.

And then, you will finally understand why you have taken on a physical form in this lifetime.

The Shift to Consciousness : The Deeply Rooted Attachment to the Physical

To realize this truth, a shift from identifying with the physical self to recognizing consciousness as our true essence is absolutely essential.

In other words, we must transition from the belief that "I am my physical body" to the realization that "I am consciousness." This transformation of the heart is crucial.

However, this shift is not easily achieved. The attachment to our physical identity is deeply ingrained.

Even those who acknowledge the existence of an unseen world still hold their fundamental perspective from the standpoint of the physical. They continue to perceive reality through the framework of the material world.

As long as this shift does not take place within them, they will never truly reach the truth — no matter how far they go.

The Flow of Consciousness : A Message to the Heart

In this lifetime, consciousness has awakened. The world of consciousness is in motion, and its flow continues smoothly, without stagnation.

This flow of consciousness will also stir something within you. In the times ahead, messages will reach you through the forms and events that unfold in your life.

You will hear the call:

"Come, let us ride this flow together. Let us walk this path together."

This message will resonate in your heart.

I hope that you will receive it with sincerity.

It is a gentle, gentle invitation.

I ask that you awaken to the version of yourself that can recognize this truth.

The World of Vibrations : The Gateway to Truth

Every living being emits vibrations.

To feel and understand this world of vibrations with your heart — this is the path to knowing the truth.

The world of vibrations alone speaks the truth.

There is no truth outside of the world of vibrations.

Throughout human history, an immense amount of energy has

accumulated within our hearts.

The energy that regards the physical as real is an energy of destruction and domination — a black energy.

No one can claim to be truly kind or righteous.

We have lost sight of what true kindness is.

We no longer know what true happiness or joy is.

Lost in a vortex of ignorance, ego, and desire, we have become unable to understand anything at all.

This is the reality of us as human beings.

The Distortion of Modern Society and Human Foolishness

Now that we have begun to approach the core of the discussion, let us take a look at your everyday life.

Day after day, through the media, you are bombarded with images and reports that vividly expose the madness of human society.

Isn't it clear how far humanity has fallen?

One after another, news stories reveal human foolishness in its rawest form.

The distortions of society are fueling a surge in heinous crimes.

Bullying, child abuse, war, and terrorism — each of these is a reflection of a world that has lost its way.

The dark, misguided thoughts of adults who do not know the truth are undoubtedly seeping into the hearts of the younger

generation.

To escape from reality, many turn to alcohol, cigarettes, or drugs.

Though still young in age, their bodies are deteriorating, their hearts exhausted, their souls devoid of life.

More and more young people are falling into this state.

Amid such a social climate, the dark energy that lies dormant within human hearts is erupting even before these individuals reach adulthood.

The result is the increasing prevalence of youth-driven crimes.

Through television, magazines, and other forms of media, this trend is further amplified, escalating at an alarming rate.

Yet, adults fail to understand why this is happening.

Even as children's hearts grow more desolate and cry out in silent anguish, those who lack true understanding continue to discuss the issue within the narrow confines of their limited experiences and academic knowledge.

In the end, unable to reach a solution, time simply passes, and the problem remains unresolved.

Meanwhile, war rages everywhere.

In families, there are conflicts between husbands and wives, between parents and children, between in-laws.

In schools, there is the battle of entrance exams.

In workplaces, there is corporate warfare.

On a larger scale, nations and ethnic groups stand against each other, each claiming righteousness, each asserting their cause.

And the fighting continues until the opponent is completely crushed.

The world is plunging deeper into confusion, and this downward spiral cannot be stopped.

We humans have already fallen to this extent, yet we remain blind to our own reality.

That is why people continue to proclaim:

"I am right."

"I have done nothing wrong."

"I am a good person."

But this illusion will not last forever.

Sooner or later, humanity will walk the path of realization — the path of recognizing its own foolishness.

Each of us will give ourselves the opportunity to awaken once more.

Natural Disasters : The Greatest Message of Love

Why is this happening?

Because we are love.

Do you understand?

Because we are love, we will awaken to ourselves.

Yes, we are awakening to true love.

That is why natural disasters occur.

And not just small ones — large-scale catastrophes will unfold.

Natural disasters are not the wrath of God.

They are expressions of joy.

They are manifestations of the energy that guides us toward awakening to the truth.

And now, the only means left for us humans to awaken is through these great natural disasters.

In other words, these disasters are the ultimate and final act of love given to us.

For ages, we, as human beings, have positioned ourselves at the pinnacle of existence, believing that we could claim ownership not only over the earth but even over the universe.

All the while, we have been releasing massive amounts of dark energy into the cosmos.

Because of this, the Earth is now in a critical state — on the brink of collapse.

Even in this dire condition, however, the Earth continues to call out to us:

"Awaken."

This is the warning the planet is sending us.

That warning takes the form of the countless natural disasters occurring across the world today, as well as the unprecedented disasters that we will face in the future.

Liberation from Religion: A Return to Truth

The unprecedented natural disasters that will come upon us carry a message:

"Let go of the gods you hold in your hearts."

Until we free our hearts from the grasp of religion, we will never know true happiness.

To realize that we have always been happy from the very beginning, we must first release the gods we have clung to in our hearts.

The longing to be saved, the act of offering prayers — these misplaced beliefs must be recognized for what they are.

And so, this message will come to us in the form of unimaginable natural disasters.

However, do not misunderstand.

These messages are not sent by some external force.

We are the ones delivering them to ourselves.

We, ourselves, are sending this message:

"The gods you created outside of yourself hold no power to save you."

"What you have worshipped as divine is nothing more than an energy of domination and destruction — a force that only deepens the chaos and plunges you further into darkness."

"And yet, we have aligned ourselves with this dark power, feeding our desires and expanding our greed."

"This is the truth of what we have been."

"And even now, it continues."

"The energy that each individual, still ignorant of the truth, releases into the universe is immense."

"But now, at last, the time has come for us to recognize it."

"The time has come for us to awaken."

The Universe and Humanity : Laws and Joy

Just now, I mentioned the word "universe."

However, when I speak of the universe, I do not mean what most people imagine — space stations, space travel, the solar system, or galaxies.

Rather, I am referring to the world of consciousness, the world of vibrations.

I will discuss this in more detail in Chapter 10: We Will Shift Dimensions with the Universe, but for now, let me say this:

The universe is vast, boundless, and infinitely expansive.

It is a world filled with warmth and love — a world of consciousness, a world of vibrations.

That is the true nature of the universe.

And in fact, that is the true nature of us as well.

Yet, we have turned this universe — our true world — into darkness.

By living as though the physical world is real, we have become utterly foolish beings.

Chasing after fleeting desires, protecting ourselves, seeking recognition, struggling to assert our existence—

We have spent our days driven by these impulses, and even now, we continue down the same path.

Yet, humans do not consider themselves foolish.

They proclaim with pride:

"We are the supreme beings of all creation."

"With our intelligence and courage, we can conquer even the universe."

But such arrogance, fueled by unchecked desire, will inevitably return to us.

This is because it is fundamentally out of alignment with the natural rhythm of the universe.

Whatever energy we release will always come back to us.

This is the law of the universe — the unchanging law of the world of consciousness.

Far from being the supreme beings of all creation, humanity is, in truth, the most corrupt and destructive force in existence.

And yet —

Even within this long history of degeneration, we are finally beginning to awaken to our mistakes.

It is we ourselves who are guiding us toward this realization.

Of course, the path ahead is steep.

We will experience the moment of realization again and again.

But this flow cannot be stopped.

It cannot be reversed.

The flow we are now entering is one in which touching the true vibrations of the universe will bring greater awareness and awakening.

No matter how much knowledge humanity accumulates, this flow remains firm and unwavering.

The more we resist it, the more our own actions will return to us.

And through this, we will come to realize our own foolishness —

We will come to see the smallness of the physical world.

The physical world is nothing but a fleeting shadow.

Yet, we have lived believing that it is real.

That belief was mistaken.

And now, we must face the consequences of that mistake.

We must come to understand that we, too, exist within the unchanging law of the universe.

Certainly, human society has long upheld its own rules and laws.

In time, societies established legal systems to protect life and property, creating structures that bind people together in order to maintain order.

However, these laws change with time and vary from country to country.

They are not absolute.

But the laws of the universe — t he true laws of consciousness — do not belong to such a category.

They are eternal and unchanging.

And the truth is, we can only exist within these universal laws.

In a way, these laws are us.

Thoughts that deviate from them inevitably return as suffering.

But suffering is not something to be overcome.

It is a message — an invitation to awaken.

Through suffering, we are reminded that within us exists an abundance of warmth and love.

When we can accept suffering as joy, when we can cultivate and nurture that understanding within our hearts—

That is when we will have finally begun to live our true lives.

Chapter 3
On Looking Within the Heart

Summary of Chapter 3

This chapter emphasizes the importance of "looking at the heart" to understand our true nature beyond the physical self. By observing our emotions, especially in relationships like with our mothers, we uncover our true feelings. Challenges, including hardships and illness, are opportunities for self-reflection and growth, revealing our inner mistakes and leading to joy. The "mother's warmth" symbolizes the kindness within us. To rediscover this warmth and live authentically, we must regularly observe our hearts, deepening our understanding of our eternal consciousness.

What Does It Mean to "Look Within the Heart"?

So far, I have shared a summary of what I have conveyed in my seminars.

Among these discussions, I have used the phrase "looking within the heart."

For many of you, this may be the first time encountering such an expression.

Therefore, I would like to take a moment to explain what it truly means to look within the heart.

But before that, let us first consider — what exactly is the heart?

We often hear phrases like "The heart is important" or "Live with a rich heart."

Books on the subject of the heart are abundant,

And some say we are now in an era that values it.

Religious teachings, too, all speak of the heart.

And yet —

Have we not, as human beings, lost sight of what the heart truly is?

This is the question I have continuously posed through my seminars.

Right now, you exist within a physical body.

And because of this, you firmly believe that you are alive.

But is that truly the case?

Could it not be that it is not your body that is alive,

But rather, your heart?

Furthermore, every person who is born into this world must, without exception, face death.

Death comes for everyone.

Death is the moment when the physical body ceases to exist.

But do you believe that when you die, you yourself will disappear completely?

Or do you think you will continue to wander as a spirit or soul?

If you are your physical body,

Then when your body disappears, so too will you.

But if you are your heart,

What happens then?

And how do spirit, soul, and heart differ from one another?

No one can provide a definitive answer to these questions.

Society is filled with various explanations,

Yet even religious texts fail to provide clarity on this most crucial matter.

Why is this?

Because we, as human beings, have continued to exist without ever knowing the truth.

And this one essential truth,

The only truth that has never been fully understood —

It is the one thing that truly matters.

To encounter this truth —

That is what it means to truly live.

This is why I say to you, who have picked up this book —

I hope that you will live a true life.

And when the time comes for you to leave your physical body,

I hope that you will be able to do so with a heart full of gratitude.

The Practice of Looking Within : Applying It in Daily Life

Now, let us return to the core discussion.

You are your heart.

To "look within the heart" means to observe yourself—to gaze inward.

And to know the truth, engaging in the practice of looking within is absolutely essential.

Please keep this in mind as you continue reading.

Looking within the heart is a practice that takes place in your daily life.

It means regularly checking in with yourself — observing what you are thinking and what kind of thoughts you are projecting in each moment.

Behind every word you speak and every action you take, there are underlying thoughts.

Rather than focusing on what you said or did, the key is to trace back to what you were feeling at that moment.

That is what it means to look within.

Let me give you a more concrete example.

Imagine someone says something to you.

Regardless of whether their words are pleasant or unpleasant, their voice reaches you, and something stirs in your heart.

Perhaps when you hear something positive, you feel happy.

But if the same person says something you dislike, do you suddenly feel sad, angry, or discouraged?

What does this reaction mean?

Your heart is constantly moving — shifting between brightness and darkness, expanding into joy or collapsing into fear, doubt, and hatred.

If you carefully trace these movements, you will begin to see a pattern—your emotions have always been dictated by the words and actions of others.

And so, you have spent your time cycling through joy and suffering, pleasure and pain, sadness and loneliness.

Looking deeper, you may come to realize:

"I am always surrounded by my own thoughts. I am constantly reacting."

Through this practice, you will clearly begin to see yourself —

The version of you that sinks into sadness and despair.

The version of you that lashes out, curses others, and sometimes even harbors deep hatred.

The version of you that tries to manipulate others to move according to your will.

But as you continue looking within, a new realization may

emerge.

You may have believed that your emotions were triggered by others — by their words, their actions, or the events unfolding around you.

But what if that is not actually the case?

You may start to notice that even when no one says or does anything, your heart is still constantly moving.

Even when you encounter the same situation multiple times, the emotions you feel — and the thoughts you generate — are never quite the same.

And you will begin to see that your reactions differ depending on who is involved and when the situation occurs.

So then, where do these thoughts come from ?

Why do they arise ?

Why is your heart always so busy, so restless ?

As you develop the habit of looking within, countless questions will surface.

And in turn, new realizations will begin to emerge.

The Relationship with One's Mother : The Starting Point for Looking Within

While observing your thoughts and emotions in daily life is important, there is one relationship where your heart is expressed most directly — your relationship with the mother who gave

birth to you.

No one draws out your true emotions more than your mother.

What are your honest feelings toward the mother who brought you into this world?

When you say the word "Mother" in your heart, what thoughts and emotions surface?

I encourage you to begin by writing them down in a notebook — honestly, without embellishment or self-deception.

Simply record your thoughts as they are, without trying to shape them into something more acceptable.

From the time you were born and raised by her, to the moments you encountered her as an adult in society or as a member of your own family —

From the times when you interacted with her as she aged —

Through every phase of life, your mother, through her physical presence, has drawn out the emotions stored within your heart:

Anger, resentment, curses, jealousy, fear, loneliness, regret.

Whatever these emotions may be, she has brought them to the surface.

That is the role of a mother.

But her existence is far greater than just the mother who physically gave birth to and raised you.

She represents something much deeper — your true mother, the mother of consciousness.

Through this practice of looking within, as you continue to explore your emotions toward your mother,

You will eventually begin to touch upon the true thoughts your mother has always carried for you.

Dialogue with Oneself : Deepening the Practice of Looking Within

"Mother, thank you. Mother, I am truly grateful that you gave birth to me."

When these words begin to well up naturally from within your heart, it is because you have touched upon your true human heart.

It is because you have encountered your true self.

To look within the heart means to recognize the many emotions that exist within you.

The people around you, the events that unfold in your life —

All of these serve to draw out the thoughts and feelings that reside within you.

And those very thoughts —

They are you.

They rise to the surface because they already exist within your heart.

In other words, through your mother, through your encounters with others, through the various experiences you face,

What is truly happening is that you are meeting yourself.

As you continue this practice of looking within, you will come

to understand this truth —

Not with your intellect, but with your heart.

The Meaning of Suffering and Negativity

Before you hate, push someone away, or curse them, you must first look within your own heart.

If you do not, you will continue to be controlled by your own energy—tossed about by forces you do not understand.

You will lose sight of yourself, falling deeper into confusion.

And because you do not know your true self, you mistakenly believe that the version of you that is lost in suffering is the real you.

You may find yourself unable to forgive yourself, unable to control your emotions, and lashing out at something or someone.

This only leads to further chaos within you.

However, if you understand the importance of looking within, you can find your way back to yourself, even amidst turbulent emotions.

Eventually, you will come to realize that an infinite source of joy and warmth already exists within you.

You will meet a version of yourself that simply rejoices in having been born, in being alive.

This is the path of truly living, and I want you to understand this.

Within your heart, countless voices are crying out:

"Please hear us."

"Please help us."

"Please save us."

These voices are you — fragments of yourself that have long been trapped in suffering.

And so, they manifest outwardly, surfacing as illness or difficult life circumstances.

If, at that moment, you do not know why you were born, what your purpose is, or who you truly are, you will seek only external solutions.

Of course, when you fall ill, seeking medical treatment and taking care of your physical body is necessary.

And in other difficult situations, taking steps to improve the circumstances may also be needed.

But healing the body or resolving a problem is not the ultimate goal.

The real purpose is to use these experiences as an opportunity to look within yourself —

To recognize the thoughts you have been carrying, to realize your misunderstandings, and to accept yourself as you are.

You do not look within in order to heal an illness or improve a situation.

Rather, it is the act of looking within itself that is the true purpose.

For this reason, you have given yourself the experience of illness and the encounters with various difficulties.

Everything is simply a part of the script you wrote for yourself.

These are the lessons you have assigned to yourself.

But as long as you continue living with the belief that your

physical self is real, you will never see it this way.

You will be consumed by trying to find a way to escape your suffering.

Yet, there is only one way to truly resolve it.

And that is to look within your heart.

Unless you do so, no problem can be solved at its root.

But this is something most people struggle to grasp.

Can you understand this equation ?

Even what seems inconvenient to your physical self is, in truth, all good.

Even what appears negative to you is, in reality, positive.

Negativity is simply you — the part of you that has suffered without knowing the truth.

Now, through the experiences you are facing, that part of you is finally surfacing and beginning to speak.

Through people, through events, through various forms of suffering, it is making itself known to you.

You may feel lost and overwhelmed.

You may become fixated on external circumstances, struggling desperately to find a solution.

That is the natural response of your physical self.

But in those moments, I ask you to pause —

Take a deep breath, and look within your heart.

Rather than seeing a situation as just an external event, try feeling it as vibration.

If you have been practicing looking within, you will surely

begin to realize something new from this experience.

No matter how difficult the situation may appear,

Perhaps, deep within it, you will sense something else —

A limitless kindness that has always been there, waiting for you to recognize it.

Illness and Hardships : Opportunities to Look Within

When you experience what seems to be a negative event, and through it, you begin to realize something important —

That very experience transforms into something positive.

In other words, through encountering hardship, you begin to see a world that was previously invisible to you.

And as this awareness grows, you will come to understand —

That what you once perceived as a negative event was, in fact, something deeply positive.

That it was something necessary for you.

I am not telling you to overcome negativity.

Society often says things like "Fight against illness" or "Don't let the disease win."

But such words stem from a cold and unknowing heart.

People say these things because they do not truly understand themselves.

Illness is not something to fight.

It is something to accept.

When you fall ill, try turning your attention to the very cells within your body.

Your physical cells are not sending you suffering.

They are not trying to harm you.

Rather, they are calling out to you —

They want you to realize your misunderstandings.

They want you to return to a place of warmth and kindness.

This is the message they are conveying to you.

And this does not apply only to the cells of your body.

All living beings — everything that exists apart from human beings —

Emit vibrations of kindness and warmth.

Why ?

Because they know the truth.

They know that they are being sustained within love.

Only humans have continued to release harsh, dark, and cold vibrations into this universe.

And that is why humanity must now undergo unprecedented experiences —

So that we may finally realize our own mistakes.

Reflecting on One's Mother and the Illusion of External Salvation

The two central pillars of the practice of looking within are:

"Reflecting on one's mother" and "Reflecting on the illusion of external salvation."

The very same heart that has long sought salvation and power from external gods —

You have directed toward your mother in this lifetime.

If you reflect on both in parallel, you will come to understand this.

The heart that you have used toward your mother, and the heart that has continued to seek gods and external power —

They are rooted in the same fundamental belief.

This is not about what kind of mother you had,

Nor is it about the circumstances into which you were born.

You chose your mother.

You designed the environment into which you were born.

You orchestrated everything.

Within this carefully arranged path, you created your own plan —

A plan to awaken to the truth and to encounter the real world.

No matter how painful your current circumstances may be,

You are living through experiences that you yourself chose.

For this reason, there is no need to resent anyone,

And no need to compare yourself to anyone.

Deep down, you have always longed to set yourself free —

From a life of competition, from a life entangled in resentment and curses.

The only reason you have remained trapped is that you did not yet know how to free yourself.

Questioning Oneself

Please, look straight into your heart.
Listen to the voice within you.
Listen to its cries.
And come to understand with your heart —
That the true you is not suffering, but joy.
That you yourself have written various scenarios in this lifetime,
So that you may arrive at this realization.
Until you understand this within your heart,
This life too will be another failure.
No matter how much wealth you accumulate,
No matter how much fame you achieve,
Your life will have been a failure.
If you cannot recognize — within your heart —
What you have misunderstood, and why,
Then your cycle of being born from hell and returning to hell
Will continue endlessly.
Please, awaken to yourself.
Look at your own heart, steeped in desire.
To do this, become humble.
Remember yourself as an infant —
A time when you had nothing,
A time when you entrusted everything to your mother's presence,

A time when your heart radiated only joy.

Return to that heart.

Even now, deep within you, that pure and innocent heart still exists.

It is alive within you.

I ask you to believe in that.

And with that heart, with that perspective,

Look at yourself as you are today.

Perhaps, in society, you have grown into a respectable person.

But your heart is covered in filth —

Thick, heavy layers of sludge.

This is not just from this lifetime.

You have carried it with you from the past.

Cleansing this heart is no easy task.

Because deep down, everyone believes:

"I have lived correctly."

"I am not wrong."

"I have lived the right way."

Those who have struggled through life,

Those who have survived the confusion of this world —

They may look back on their lives and say,

"I have done well. I have endured."

But very few can admit —

"I have lived my life completely wrong."

And so, in this life too,

People have added stubbornness on top of stubbornness,

Living the same way as always.

But who is willing to truly listen to this?

Even if you live a long life,

Even if you reach eighty years of age in good health,

Your journey does not end there.

Death is not the end.

Your world of consciousness continues.

Which means — you continue forever.

And in this lifetime, within the time between birth and death,

You have finally encountered a chance to realize —

That you yourself exist eternally.

Even if the physical you does not yet realize this,

The consciousness within you —

Rejoices with open arms.

How much of this can you bring yourself to believe?

I am not speaking to your physical self.

To understand this, you must turn your thoughts toward me —

And feel my world of vibrations.

If you do this, then whether or not you have met me in the physical world,

You will come to understand —

That I am the true you, speaking from within your heart.

This is not easy.

It cannot be understood with the mind.

No matter how much you think about it,

You will only generate doubts and skepticism.

If you think with your mind, you will hear thoughts like:

"I don't want to be brainwashed."

"I can't believe this."

"I refuse to accept it."

"What is this so-called world of consciousness ?"

"Don't be deceived — focus on the physical world instead."

"Isn't your goal to be happy ? Then seek more joy for your body."

"Everyone around you does the same — pursue material wealth, and happiness will follow."

"This so-called truth is just an illusion, and you will regret believing in it."

"What are you even talking about at this point ?"

These are the thoughts that will surface.

But where do these thoughts come from ?

They are the voice of your own history —

The history of someone who has abandoned their true self

And lived only as a physical being.

And this applies to almost everyone.

Even so, I ask you to take one more step forward.

Ask your heart this question:

"Even though you are telling me all of this —"

"Are you truly happy ?"

"Do you feel lonely ?"

"Who are you, really ?"

"Are you not trying to tell me something?"

"Are you speaking these words from your true heart?"

"Are you perhaps telling me of your suffering, even as you know you are mistaken ?"

"Do you not also want to know the real truth ?"

This is the kind of dialogue you must have within yourself.

At first, it may not come easily.

But remember this —

Every single person has been born through their mother's womb.

And this means —

That in the moment of birth, you touched

The true thoughts of the Mother,

The warmth of the Mother's embrace.

The World of Consciousness: Beyond the Thick Walls

The warmth of the Mother never fades.

That warmth is always within you, ready to respond to you.

It speaks to you —

To the you who is striving to live with sincerity.

But right now, the message has yet to fully reach your heart.

Why ?

Because a thick wall stands in the way —

A wall built from the belief that your physical self is who you are.

Both the Mother's warmth and the thick wall are parts of you.

However, the Mother's warmth has always been within you

from the very beginning.

Whereas the thick wall —

That is something you yourself have built over the course of countless lifetimes.

Yet, if you continue the practice of looking within,

If you keep turning your heart toward yourself,

Then inevitably, the warmth of the Mother will begin to return to you.

And the thick wall —

It will gradually, or at times even instantly, disappear.

This is the structure of the world of consciousness.

And I have shared it with you from many different perspectives.

Chapter 4

True Life, True Joy, and the Real You

Summary of Chapter 4

This chapter explains that true happiness and fulfillment cannot be found in external achievements alone. The author argues that the essence of true life and joy lies in recognizing our true self, which is not our physical body but our consciousness—an energy characterized by infinite warmth and kindness. By looking within, freeing ourselves from past negativity, and realizing this truth, we can experience profound joy and appreciate all life events, even challenges, as meaningful aspects of genuine happiness.

The Meaning of Living Without Knowing the Truth

Seeking joy and happiness in daily life,
Striving to find purpose in living,
Working hard and living sincerely —
These actions in themselves are not wrong.
However, to live without knowing the truth
Is to stray from the path of our true existence.
This is why I have repeatedly said:
Even if one lives a life of diligence and sincerity,
That life remains shallow and incomplete.
And I have urged you to realize this within your own heart.

Social Success and Truth : The True Value of Life

Building a family, excelling at work, and seemingly enjoying life to the fullest —

Even if someone appears to be thriving in these ways,
If we were to peer into the world of their heart,
Would they truly be happy ?
Would they truly be living in joy every single day?
That remains highly doubtful.
Why ?

Because such individuals do not have clear answers to the most fundamental questions:

"Why was I born ?"

"Why do I exist here and now ?"

"Where will I go when I die ?"

"When my body perishes, will I cease to exist as well ?"

Without answers to these questions,

They are merely drifting along the currents of time,

Experiencing the ups and downs of life without truly understanding themselves.

Can such a life truly be called one of happiness and joy ?

No matter how much one possesses —

Status, family lineage, social standing, honor, wealth, beauty, talent,

A loving family, a fulfilling career —

If one has not encountered the truth,

Then I can say with certainty:

Their life will never be truly fulfilling.

All of these things may seem important,

But they are nothing more than tools to help a person encounter the truth.

One's true value is not determined by these external measures.

No matter how much one gathers in this material world,

Before the one ultimate truth,

All of it is meaningless.

Yet, people have lost sight of this.

They mistakenly believe that their worth is defined by these external achievements.

And this —

This is the greatest misunderstanding of all.

Material Wealth and Spiritual Poverty

The desire for a world where everyone lives in harmony and happiness —

A world where all people become wealthier and prosper together —

This is an aspiration that transcends time and borders.

It is a universal wish.

But have we truly achieved happiness and prosperity?

Yes, in material terms, society has become more convenient and abundant.

Yet, for many, something feels off —

A lingering sense that something is not quite right.

However, even those who sense this unease often cannot pinpoint exactly what is wrong.

They may only have a vague feeling that —

While life has become more culturally advanced, technologically sophisticated, and convenient,

The heart itself has grown poorer.

In the relentless flow of daily life,

Few take the time to pause and reflect on this.

Most people lack the time or mental space to do so.

And even if they were to reflect,
Many would still fail to find an answer.
This is the reality of modern life.

Life's Fundamental Question : Why Were You Born?

Are you truly living your life ?
Do you know why you were born ?

A life filled with complaints, frustrations, and fleeting moments of joy and sorrow —
Is that truly what life is meant to be ?
Many believe that life consists of ups and downs,
That experiencing both happiness and suffering is simply part of life.
But that is not the true nature of life.
Life is joy.
Even if you or your loved ones suffer from a severe illness,
Even if you experience an unexpected accident,
Even if you were born with a physical disability —
All of it is joy.
However, when seen from a purely physical perspective,
These experiences appear harsh,
And they are difficult to accept as joy.

Most people react with resentment and despair.

They believe that no one is more unfortunate than themselves,

And they direct their frustration toward society, their circumstances, or fate.

When one views the world only through the physical lens,

Everything appears dark and painful.

Yet, what you are truly seeing in these experiences

Is a reflection of your own inner world.

But rather than looking within,

Most people become fixated on the external events themselves.

If you do not have the habit of looking inward,

Your mind will always turn outward, searching for solutions elsewhere.

And so, people begin to think:

"If only this suffering would go away, I would be happy."

"If only someone could save me from this pain, I would be free."

This is why people seek external salvation.

This is the essence of other-power faith.

"Please save me."

"Please help me."

"Please do something about my suffering."

The more one clings to these thoughts,

The deeper they sink into their own suffering —

Yet, they remain unaware of this.

We were not born to suffer.

What you experience as painful events are not meant to harm you.

They are messages from your own heart.

They are signals saying:

"You are mistaken."

"Please wake up."

These messages emerge in the form of life's challenges.

So while these experiences may appear severe,

The energy flowing through them is actually joy.

Through these experiences,

You are given the chance to turn inward —

To feel the world of vibrations rather than focusing solely on external events.

And this is what you must learn.

The Cycle of Life and Death : The Path to Truth

We are born, we die —

And then we are born again, only to die once more.

This cycle has repeated endlessly.

Yet, instead of awakening to the truth,

Each time we are born, we accumulate more burdens in our hearts,

And we leave this world carrying even heavier loads than before.

This is the reality of human existence.

Whenever we take on a physical body,

We allow ourselves to be consumed by the physical world.

In this intoxication,

We indulge in fleeting pleasures,

Chasing after dreams and illusions —

Until our time in the physical realm is suddenly cut short.

For most people, this is what life has been.

But this —

This is not what true life is.

Even if you live your life with sincerity,

Even if you devote yourself wholeheartedly to your responsibilities,

Even if you reach a point of deep personal fulfillment,

Is there not still a lingering sense of uncertainty in your heart ?

Can you truly resolve the questions that lie within ?

"Why was I born ?"

"Why must I die ?"

"Where do I go after death?"

If these questions remain unanswered in your heart,

Then no matter how much you accomplish,

Your journey remains incomplete.

At some point, everyone reaches a moment when they reflect on their life.

That moment is an opportunity —

A chance for awareness and awakening.

Yet, the tragedy is that most people fail to recognize it.

Their hearts are crying out in pain and longing,

Begging to be heard —

But most people ignore their own inner voices.
We have become cold to our own suffering.
We have become cold to our own hearts.
Yet, despite this, we still believe:
"I am not a cold person."
"I have lived my life with sincerity."
And so, we remain blind —
Lost in the foolishness of human existence.

The True You : Recognizing Yourself as Consciousness

Who are you, truly ?
I have told you before —
Your true self is not your physical body.
Your true self is consciousness.
You were born into this world, receiving a physical body from your mother —
Not to live as the body itself,
But to meet your true self.
To come face to face with who you really are.
Your true self is an energy of joy —
Overflowing with boundless kindness and warmth.
Your true self exists eternally.
You do not need to seek power from external sources.

Because you yourself are power.

You are the true source of power.

But realizing this is not easy.

Why ?

Because within your heart,

There exists a vast darkness —

A darkness created from the belief that you are only your physical self.

Over the course of many lifetimes,

You have filled your heart with heavy, dark energy.

To encounter your true self,

You must first face the darkness you have created.

You must look at the blackened version of yourself —

The self that you have built over countless lifetimes.

This is where the journey to meeting your true self begins.

And the only way to embark on this journey is to look within your heart.

The Purpose of Life : The Journey to Save Yourself

What is the purpose of your life ?

Why do you exist here and now ?

Some say:

"Life is only lived once, so I will enjoy it to the fullest."

"I dedicate my time and efforts to society, my family, and my work."

"I push myself to succeed and contribute to the world."

But I ask you —

Are you truly living for yourself?

It is time to put an end to this kind of life.

Your life exists for you.

That is what a true life is.

But living for yourself does not mean pursuing selfish desires.

It means meeting the many selves that exist within you.

The consciousness within you is crying out.

It is seeking help.

It longs for salvation.

Who are these suffering voices within you?

They are none other than you —

The countless versions of yourself that have fallen into darkness.

Your mission in this life is not to build a successful company,

Nor is it to devote yourself to your family,

Or to gain recognition for your achievements.

These are not your true tasks.

Your true purpose is to look within your heart.

To save yourself from within.

Yet, most people do not understand this purpose.

Instead, they become consumed by the immediate concerns of daily life.

They lose themselves in temporary pursuits,

Unaware that they are wasting the precious time granted by their physical existence.

This is the reality of how people live today.

And this is why they remain lost.

Facing the Darkness Within : The True Purpose of Life's Journey

Life is not about making money, gaining fame, or becoming a so-called "success."

As I have already said,

The time given to you in this lifetime exists for one purpose —

To face the darkest parts of yourself.

Some people may build a business,

While others may experience a steep downfall in life.

These paths are simply scenarios that each person has chosen for themselves.

Success and failure in the physical world mean nothing.

What truly matters is —

Can you recognize how deeply you have been mistaken ?

Can you speak the truth to the countless suffering versions of yourself

That have sunk into the depths of darkness ?

That is the true purpose of life.

Once you understand this,

You will see that life itself is joy.

No matter what situation you are in,

If you can encounter the truth while still in your physical body,

Then your suffering will instantly transform into joy.

You will finally understand, within your heart,

What it truly means to live and to die as a human being.

You are wrapped in an infinite embrace of kindness and warmth.

That is who you truly are.

And meeting your true self —

That is the purpose of your life.

Chapter 5

True Life, True Joy, and the Real You

Summary of Chapter 5

This chapter explores our perception and confrontation of death, emphasizing that the common fear of death originates from deeply held anxieties accumulated through past experiences. Rather than seeking eternal life or clinging to our physical bodies, the author encourages reflecting on our lives and understanding their true purpose. Life is a chosen journey aimed at confronting and resolving our inner darkness and suffering. Relying on external salvation or worldly success is ultimately futile. True happiness and healing can only be found within our hearts, through embracing the warmth and kindness already present there. By consciously addressing our inner struggles, we can release fear, experience genuine gratitude, and discover lasting joy and fulfillment.

Facing Death :
How Do You Perceive It ?

How do you perceive your own death ?

Can you face it directly and honestly ?

Or do you instinctively avoid thinking about it ?

Perhaps you are still young and have never given it any thought.

But have you considered that death can arrive suddenly ?

It is not only the young who fear death.

Even those who have grown old still cling to their physical existence,

Believing that living a long, healthy life is the definition of happiness.

Most people wish to remain in good health until their final moment —

Hoping to pass away peacefully and without suffering.

Why do we cling so desperately to life ?

Because we have always believed that our body is our true self.

And so, we carry an innate fear of death —

A fear we have experienced countless times before,

A fear imprinted deeply into our hearts.

This is why people, young or old, struggle to confront their own mortality.

How many people can truly say "thank you" from the depths of their hearts,

As they gently bid farewell to their own physical body ?

How many can embrace their body with gratitude before parting with it ?

Instead, many desperately prolong their lives,

Relying on medications to keep going,

Yet no elixir of eternal youth exists.

Death will come for everyone.

When that time arrives, will you face it with fear and anxiety ?

Will you seek solace in gods or buddhas, hoping for salvation ?

Isn't that a tragic and empty way to meet the end ?

Wouldn't it be far more fulfilling to spend time reflecting on your life,

To seek truth before your final moment,

And to part from this world with a heart full of gratitude ?

Wouldn't that be a truly blessed way to leave your physical form behind ?

The Afterlife :
Hell Exists Here and Now

Your birth was not a coincidence.

You were born because there was a reason for you to come into this world.

The body you now have —

The environment in which you were born —

Everything was chosen by you.

You created your own path to be here.

And yet, will you once again leave this life without knowing the truth ?

Will you close your life's journey still in ignorance ?

The world of ignorance is a world of darkness.

A pitch-black abyss filled with struggle, suffering, and despair.

You gasp for air, you writhe in agony,

And eventually, you sink deeper and deeper into a crushing, suffocating darkness —

A world from which there is no escape.

When people who believe in the physical self reach the moment of death,

When they abandon their physical body —

The place they return to is such a world.

You do not go to hell after you die.

You are already in hell.

Right now.

At this very moment.

The only reason you do not realize it

Is because your physical body shields you from the truth.

But the moment you let go of that body —

The world of your heart and your consciousness

Will immediately engulf you.

If you have never known the truth,

Then whether you are alive or dead,

You are still trapped in hell.

The Meaning of Life : What You Must Realize Before Death

"I have no regrets in my life."

Are you sure about that ?

Then tell me —

What is your life ?

Does your life end the moment you take your last breath?

Have you ever encountered a clear answer to this question?

Yes, the world is overflowing with knowledge and information.

Books on how to live, how to succeed, and how to find happiness are everywhere.

As we gain life experience, we develop skills to navigate the world.

We learn from those who have mastered their craft,

Their words inspire us,

And sometimes, they give us meaningful insights.

But even these teachings only take us so far.

Beyond that point, there is nothing.

In the end, no matter how much you study,

No matter how much you achieve,

If you do not encounter the truth,

You will simply float and sink in the current of life —
Until the time comes to part with your body.
And when that moment arrives,
What awaits you is not peace,
But a world of loneliness, suffering, and despair.
A world that is cold and utterly devoid of light.
Your consciousness, believing it was only a physical existence,
Will plummet into the abyss.
You will fall —
Deeper and deeper,
Into a place with no escape.
Even while alive, you already exist within that darkness.
But your physical body acts as a buffer,
Dulling your awareness of the truth.
When that buffer disappears,
The reality of your world will appear with stark clarity.

The Afterlife :
The Darkness of Absolute Solitude

Death is a journey into a world where you are completely alone.
There are no exceptions.
Once you leave your body behind,
You will find yourself in a world where only you exist.

No matter how much you suffer,
No matter how much you cry out,
There will be no one to answer you.
There will be no one to help you.
You will exist, and only you.
What will you do then ?
In this world, we can always search for solutions.
There are always ways to cope with difficulties.
But in the world after death,
There is nothing to hold onto.
Nothing but your own heart.
And if your heart is filled with darkness,
That darkness will be all that remains.
It will surround you, suffocate you, and consume you.
Even the most brilliant minds —
Those who were revered for their intelligence —
Will find themselves completely powerless.
They, too, will sink into the depths of unimaginable ignorance.
This is the fate of those who never sought the truth.

Looking Within :
Confronting the Hell Within You

This is why I urge you —
While you are still in your physical body,

Look within and confront the many versions of yourself
That have already fallen into hell.
I ask you to face them through the practice of looking within.
To become someone who can finally speak the truth
To the countless suffering selves trapped in darkness.
You do not have the luxury of spending your time
Trying to be a savior to others,
Or excessively worrying about those around you.
There is no time left for that.
Once you truly understand the reality of your own existence,
You will become desperate —
Desperate to face yourself and uncover the truth.
Because you will realize —
That within the limited time you have in your physical form,
This is the only thing that matters.
And this act of looking within —
This desperate confrontation with yourself —
Is actually the greatest kindness you can show.
Not just to yourself,
But to everyone around you.
That kindness is an immense power.
It is a true power —
One that possesses the ability to bring about real healing.

True Healing :
The Warmth and Kindness Within Your Heart

People seek healing in music, scents, and relaxation.
The world today is filled with "healing trends."
But I ask you —
Do you know where true healing actually lies?
True healing is within your own heart.
No one can truly save your heart for you.
No amount of prayers, rituals, or worship
Will bring about real salvation.
If such things had the power to heal,
Then humanity would have been saved long ago.
But look around —
Has the world found peace ?
Have people truly been healed ?
The reality is clear.
The only thing that can bring healing is the warmth and kindness within you.
Your own heart holds the power to heal itself.

The Madness of Humanity :
The Devastation of the Earth

Humanity continues to spend its days fighting.

Blinded by ignorance, we have lost sight of the truth.
And in our blindness, we have become mad.

That madness has manifested in many forms,
Spreading across the world like an unstoppable force.
The energy of human ignorance and conflict
Now threatens to engulf the entire Earth.

We are approaching an era of great suffering.
For those who believe that the physical world is everything,
The times ahead will bring devastation beyond imagination.

The Earth itself will endure severe blows.
There will be no escape.
There will be no way to stop what is coming.

But this is not a punishment.
It is not a consequence of divine wrath.
It is simply the result of what humanity has been doing to itself.
We have aimed our own arrows at ourselves.
We have pulled back the bow against our own existence.
And now, the time has come for us to face the consequences.

The Freedom to Choose :
Taking Responsibility for Your Own Life

Up until now, you have believed yourself to be nothing more than your physical body.

You have pursued happiness and joy based solely on physical existence.

But do you now begin to see —

How ignorant that way of living truly is?

How misaligned it is with reality?

However, the choice is yours.

You are free to live however you wish.

You are free to continue living in ignorance,

Or to begin seeking the truth.

No one can force this decision upon you.

But understand this —

The consequences of your choice are entirely your own.

When suffering comes,

When hardship overwhelms you,

Will you continue to blame others?

Will you resent society, curse your circumstances, and search for someone to blame ?

Or will you finally see that the cause of your suffering lies within you ?

How foolish it is to constantly seek external causes for our pain.
People always find excuses —
They push responsibility onto others, onto fate, onto the world.
But why ?
Because they fear taking responsibility for their own choices.
They fear confronting the truth.
Because they do not know it.
Because they have lived in ignorance for so long.

Yet, I am not here to force anything upon you.
I do not order you to obey my words.
I am not here to preach or to impose my beliefs on you.
I am simply here to share the truth.
To lay it before you, clearly and openly.

It is up to you whether you accept it.
What you do with this truth depends entirely on your heart.
That has always been —
And will always be —
Your choice alone.

Encountering the Truth : The Journey of Life

It does not matter what kind of life you have lived in the past.

That is not the question.

What truly matters is this —

What kind of thoughts have you carried ?

What kind of energy have you released into the world?

How deeply have you been able to feel the energy you have created ?

I wish for as many people as possible

To pause and reflect on their own existence.

To ask themselves —

Why was I born ?

Why must I die ?

If this book can serve as a spark —

A moment of realization that leads you toward these questions,

Then it has fulfilled its purpose.

It is true —

Weakening the patterns of thought you have carried for over 360 million years

Is not an easy task.

It is incredibly difficult.

But if you can recall your pure and honest heart,

If you can cast aside your selfish desires,

And if you can begin to take your own life and death seriously,

Then the message within this book —

Will surely reach deep into your heart.

The Meaning and Joy of Life

I truly wish for you to discover real happiness and joy.
Not just fleeting moments of pleasure,
But the deep, unwavering joy that exists within you.
Because true happiness is not something to be pursued —
It is something you already are.
Every day, you may be enjoying life,
Finding pleasure in your experiences.
And that is wonderful.
But I hope you do not stop there.
I hope you will seek something deeper —
I hope you will live your true life.
A life not dependent on someone else.
A life not reliant on something external.
A life where you treasure yourself.
Where you trust yourself.
Where you know, without a doubt,
That you are already happy.
That you are already joy itself.
And so, let me leave you with this —
Even if the entire world does not understand,
Even if you stand alone,
If you can truly awaken to the joy within you,
Then nothing else matters.
You will have lived your life in its truest form.

With that, I say to you —

Thank you.

Thank you from the bottom of my heart.

Chapter 6

Humanity Driven Mad by God and Money

Summary of Chapter 6

This chapter addresses humanity's misguided pursuit of happiness through external means such as religion and money. The author argues that although society widely accepts the chase for wealth and divine favor, these pursuits lead individuals away from their authentic selves, leaving them spiritually unfulfilled. True happiness and salvation cannot be found in external sources; rather, they lie within one's heart. By confronting and transforming the dark energies accumulated over many lifetimes, individuals can reconnect with their innate love and warmth. Genuine joy emerges through internal transformation, self-awareness, and reliance on the inherent wisdom and compassion within oneself.

History of Humanity Controlled by Gods and Money

It is no exaggeration to say that human history has been consumed by an obsession with gods and money. With the power of gods and the power of wealth, nothing seems insurmountable. These two forces have long reigned at the very core of humanity. The belief that they bring happiness has become deeply ingrained in people's minds, and it has been accepted as common sense in society.

Regardless of how beautifully one speaks, the reality is that money is necessary. Thus, people have dedicated themselves to working hard, earning wealth, and pursuing happiness. Others have devoted themselves to revering gods, honoring the divine, and offering prayers. Where, then, is the mistake in this? To varying degrees, these thoughts must have existed in everyone's hearts. In fact, most people are still living their lives based on these beliefs.

I have no intention of debating with such individuals. Instead, by observing the entirety of their lives and directing my thoughts toward their state of consciousness, I can understand and feel what truly lies within them. If one looks deeper, these individuals would surely say, "I have not truly lived my life. I never understood what real life is." They would express the realization that their lives lacked a fundamental foundation — that something essential was missing.

On the surface, their actions and words may appear to reflect an honorable, commendable existence. However, that appearance does not convey their true reality. A life without a solid foundation

cannot reveal one's true self. Is it not tragic to live without knowing anything and to die without understanding anything? Even if one were to lead a seemingly peaceful and secure life, without a core foundation, their inner consciousness — who they truly are — would inevitably sink once again into a world of suffering.

Of course, the body's cells continue to emit love until the very last moment. Yet, if one remains completely unaware of the love that sustains their existence, their heart can only be described as utterly impoverished.

If the very foundation is rotten, no matter how grand a structure is built upon it, it will inevitably collapse like a castle in the sand. I urge you to keep this in mind. However, the problem is that we have lost sight of what this foundation even is. Consequently, we remain entirely unaware that our very foundation has long since decayed.

Indeed, humanity has continued to spiral into madness, obsessed with gods and money.

The Essence of Religion and Humanity's Mistake

One of the greatest mistakes of humanity has been the creation of religion. People pray to gods and Buddhas, cling to them, and seek supernatural powers in pursuit of their own happiness and prosperity. However, this very thought — this energy — is destructive in nature. Without realizing its true nature, humanity

has continued to amplify it, leading to the state of the world today. This reality is starkly reflected in the wars and acts of terrorism occurring across the globe. So-called holy wars are nothing but a façade. How is it that people continue to hate and kill one another? They fail to recognize that, in the name of God, they are releasing pitch-black energy of conflict and destruction into the world.

But it is not just them — it is all of humanity. Those who do not know the truth expose their ignorance, their egos, and their insatiable desires. They wrap their words in the beautiful language of compassion and love, adopt a pious demeanor, and proclaim justice, yet what flows from them is nothing but destructive energy — an energy as dark and foul as stagnant sludge.

And because energy always manifests, it takes form. It erupts in conflicts worldwide, influences natural disasters, and manifests in various incidents and accidents across the planet. All of these are reflections of that energy.

What Is Salvation ? : True Love and Kindness

What do you think it means to save someone? Is saving others truly an act of deep kindness and compassion? Is extending a helping hand to someone really an expression of true kindness?

Of course, when I speak of saving someone or offering a

helping hand, I do not mean rescuing someone from immediate physical danger or assisting those in distress. Instead, I am asking you: What does it truly mean to save someone's heart ? And when you believe you are saving someone, have you ever looked within your own heart to examine the thoughts and emotions driving your actions ?

If you carefully observe your heart, you will come to understand what kind of energy is at work in those moments and what kind of energy you are connecting with. Spreading the thoughts of save me or let me save you is nothing but foolishness born from ignorance of the truth. No one can save you. Nothing can save you. You are the only one who can save yourself.

And why ? Because you are love itself. You are love, and because of that, you have the power to save yourself. Love is kindness. Love is warmth. Every single person carries an abundance of love within them. However, people have lived their lives without ever realizing this simple truth.

Love does not exist outside of you. True kindness, warmth, and peace are not found in anything external. Yet people continue to seek love outside themselves. They search for warmth and peace in others. They expect kindness, warmth, and peace to come from other people, and when those expectations are betrayed, they fall into despair, grief, resentment, and hatred.

But that is a fundamental misunderstanding. These things — true kindness, warmth, and peace — do not exist outside of you. If you examine your heart's history, you will see that you have made

this mistake countless times. Again and again, you have sought love in physical forms, pursued joy and happiness through external means, and ended up sinking into the depths of despair. Everyone carries a past filled with these failures.

The Danger of Blind Faith in External Powers

The same can be said for gods. In the past, people sought false gods, hoping they would fulfill their desires. When their wishes were not granted, resentment and bitterness took root in their hearts.

Even now, many still carry the belief that gods are beings to be revered and worshiped, that they are sacred, omnipotent, and far beyond the reach of humans. Because of this ingrained belief, people are unable to attain true happiness. You may insist, "No, I am happy. My life is fulfilling." But I must say this: You do not yet know true joy and happiness. What you believe to be happiness is merely fragile, fleeting, and superficial. And when the time comes for you to leave your physical body, all of that happiness will vanish with it — because it is tied to the material world.

What I truly want you to understand is the happiness and joy that do not disappear when you leave your physical form. And yes, such a thing is possible. That is why I have dedicated my life to sharing the truth.

Let us return to the main point. As I have mentioned before, even within this study, there are many so-called psychics and

channelers — people who claim to communicate with the spiritual world. In fact, the majority of those drawn to these teachings are channelers, speaking of the world of consciousness. However, the crucial question is: What kind of world are they actually connecting with? What energy are they truly engaging with ?

Even among those who claim to understand consciousness, many remain unaware of the nature of the energy they are channeling. If that is the case, then it is even more evident that those outside this learning — mainstream psychics and channelers — have little to no understanding of what they are interacting with. They unknowingly serve as conduits for forces they do not comprehend, manipulated rather than in control.

Phrases like "Save me," "Let me save you," "Teach me," and "Let me teach you" are entirely misguided. Extending a so-called helping hand, offering guidance, and presenting oneself as a savior may seem admirable, but this perception is based solely on external appearances. Everything operates on a vibrational level — not through words or actions, but through the energy one is connected to.

Understand this: Those who remain ignorant of the truth are inevitably aligned with dark, destructive energy. Be cautious of those who seem to "predict" events, exude "mysterious power," or claim to have an "aura"— these phenomena are all connected to the black energy of illusion. Those who turn their focus toward such things will eventually meet a tragic end. Even if they appear to achieve momentary success, it is nothing more than a

temporary illusion.

The reason people fall into this trap is because their fundamental perspective is still rooted in the physical self.

I will say this again: The truth is something that can only be realized within your own heart. The truth does not exist outside of you. No external force can save you, and if you believe otherwise, you must take a deeper look within your own heart.

Religious faith has never saved humanity, nor will it ever. This is evident just by looking at the world today. If religion truly brought peace and prosperity, why is there still so much war and conflict across the globe? Instead of leading to human happiness, religious devotion has only fueled destruction. People have waged wars and taken lives in the name of God. The more humanity prays and worships, the more it floods the world with black energy.

And soon, the consequences of this will manifest before us in catastrophic, planetary-scale disasters. The reality of what has been unleashed will be undeniable.

Money and Modern Society : The Decline of Humanity

Alongside religion, another major force that has driven humanity into madness is money. The world today revolves around money.

With money, you can buy anything, travel anywhere, eat

delicious food, and do whatever you please. And because of that, I am happy. This shallow way of thinking has become so prevalent that people no longer see it as problematic. Yet, despite being spiritually impoverished, most do not realize their own emptiness.

Many people work hard when they must and enjoy themselves when they can. They take pride in their ability to balance work and leisure and believe they are living fulfilling lives. They equip themselves with education, secure a prosperous lifestyle, and then proclaim to the world: I am successful. I am happy. But if they were to truly look inside their own hearts, they would see that this is not the case at all.

By now, money has infiltrated every corner of their existence. They have become so deeply entangled in it that breaking free is nearly impossible. Society glorifies those who earn money as the "great" and the "successful." The world is increasingly moving in that direction. In this world, money holds a kind of magical power — it can turn black into white. Everything is dictated by money, and this trend will only intensify in the years to come.

People have lost themselves in their pursuit of wealth. In a society where life and death are measured in currency, killings over money have become an everyday occurrence. Greed for wealth has reached unfathomable levels, surpassing all limits.

This is the world we now inhabit, the society in which we live and hold our physical existence. Yet, how many people recognize that they are trapped in a raging torrent of illusion ? Very few.

That is the true tragedy of humankind.

However, I sincerely hope that those who have become aware of this truth will take steps to live as true human beings — walking a path of genuine happiness and fulfillment.

Of course, in today's world, money is necessary to sustain our physical existence. Goods and services have been assigned a value within the framework of the economic system that humanity has constructed. In order to obtain those goods and services, one must exchange money — this is simply how society functions. Nothing more, nothing less.

Yet, despite this, many people have become utterly enslaved by money, unable to see beyond it. The number of those lost in this illusion continues to grow. There is nothing more pitiful than a person who is born into ignorance, lives without understanding, and dies in the same darkness.

What Is Happiness ? : A Perspective from Within

Right now, in this moment, are you truly happy?

The circumstances in which you live — your location, family structure, and relationships — are unique to you. But what is it that makes you feel happy? Can you objectively define the conditions under which you recognize yourself as happy?

Conversely, if you consider yourself unhappy, have you examined why you feel that way ? Have you ever tried looking at your situation from an external, third-person perspective?

Even in moments when life seems blissful, as though everything is going perfectly, or when you find yourself in the depths of despair, I encourage you to cultivate the ability to observe yourself from an external viewpoint rather than becoming entirely absorbed in your circumstances.

If you do so, you may come to realize that in this world of form and physical existence, there is no such thing as an absolute, unchanging truth. There are no conditions or possessions that are truly indispensable. You are simply bound by the illusions you have created — no, it is your own heart that binds you.

If you can begin to widen your perspective and recognize how you have confined yourself within a narrow framework of thought, you may find that you no longer need to struggle so hard. You do not have to chase after things with greed, clench your teeth in relentless effort, or push yourself to the limit. You can free your heart from such burdens and live more lightly.

Clinging to a single thing, obsessing over it, will only bring suffering. Even if you live in what appears to be a picture-perfect state of happiness, if you are desperately afraid of losing it, if you boast about your happiness, or if you use it as a means to look down on others, can you truly say that you are happy ?

On the other hand, if you spend your days filled with complaints, resentment, grief, and bitterness, you are undoubtedly

unhappy. But do you realize that it is your own heart that makes you unhappy ? It is not external circumstances or other people — it is you who is moving yourself further away from happiness.

True Happiness Lies Within Consciousness

From the perspective of the world of consciousness, both happiness and unhappiness in the material world are, in essence, forms of happiness. Simply existing here and now is already a source of happiness.

For those who believe that they are only alive in the physical sense, such a statement may be incomprehensible. They may think that happiness must be defined by tangible conditions — something that others can also recognize as happiness. And it is precisely this way of thinking that has led humanity to become obsessed with money. The idea that money is the key to happiness is deeply ingrained in human consciousness.

People believe that God and money will bring them happiness — this is the fundamental mindset of those who have lived by relying on external forces. They may conceal their insatiable desire for happiness, but at their core, ignorance, ego, and greed continue to swirl within them. They pray, offer rituals, and dedicate their wealth, all in the hope that they will be granted happiness above others, that their wishes will be fulfilled.

Religious devotion is often nothing more than a disguise for

greed. When people join their hands in prayer, what is it that they are asking for? What are they hoping to receive? Their own health? The prosperity of their company and family? Is that not a deeply selfish desire? And yet, in Japan, every New Year, television broadcasts scenes of countless people making such prayers.

Historically, Japan has revered Amaterasu as its deity, and even today, new religions continue to emerge. Japan, as a nation, has been shaped by the energy of Amaterasu. The country's remarkable recovery and economic growth after the war can also be attributed to this energy.

However, cracks are beginning to appear in Japan's societal, economic, and international standing. The very foundation of Japan — the so-called "Land of Amaterasu"— is beginning to waver. Most people, living within the material world, are unaware of this shift. Yet, Japan's surrounding environment will become increasingly severe. These disturbances will first emerge in areas where Amaterasu's energy is strongest. The energy that has long dominated Japan is now beginning to shift. The structures that have been firmly upheld by Amaterasu's energy are starting to crumble. This will begin with the downfall of deeply religious sites that have long been centers of worship.

What happens when people continue to direct their hearts toward deities that operate through external power? It only leads humanity further into madness. The resulting state is not one of joy or happiness, but rather one of confusion and collapse. No matter how many prayers are uttered, no matter how much faith

is expressed, everything will ultimately fall apart.

Why is this happening? A religious explanation might describe it as a "ray of light breaking through." In reality, the dark energy that has held sway over humanity is now undergoing a major transformation.

Have we not lost sight of what happiness and joy truly are ?

We, who have believed ourselves to be nothing more than physical beings, have sunken to the depths of despair. And yet, in this lifetime, we have given ourselves time and space to awaken to the truth. Each of us has taken on a physical body for this very reason.

Those who have gathered for these seminars have an especially strong determination to do so. Likewise, those who have picked up this book, whether consciously aware of it or not, have been drawn here by the flow of consciousness.

Every single one of us has been mistaken. However, by confronting these past mistakes, the path to truth will reveal itself to each of us.

That is why your current life has been filled with suffering. But that suffering is not a punishment — it is something you chose for yourself so that you could finally free yourself from it. Through the practice of looking within, I urge you to remember this in your heart.

Life is joy.

Being born into this world is an act of joy.

I continue to wait for the day when you come to realize this in your heart.

Towards a New Era of Consciousness

I have continuously stated that the truth lies within your heart. If you are truly serious about understanding your own life, you will inevitably begin to question why you were born and what purpose your existence serves. As you contemplate these fundamental questions, you may also start to wonder—what truly defines happiness and unhappiness? As each person weaves their unique life story, what criteria do we use to declare ourselves happy or unhappy?

I firmly believe that those who do not engage in the practice of looking within can never truly attain happiness — no, they cannot even comprehend what happiness is. This is because they fail to recognize that they have been inherently happy from the very beginning.

To be born, to receive a physical body from your mother — these are profound blessings. But those who do not practice looking within will never grasp the depth of this truth. Instead, those who fail to understand happiness gather together in pursuit of it, seeking to become happy, longing to find happiness, or even striving to grant happiness to others.

This cycle of misguided desires perpetuates itself endlessly. It is the same in relationships between men and women, as well

as in religious communities. What ultimately results is a world consumed by greed, shrouded in a suffocating darkness — a world where toxic, festering energies spread like sludge, reeking of decay and death.

No matter how beautifully one dresses or how refined one appears, the energy they emit tells the true story. Those who emanate such foul waves of energy will never find true happiness. And yet, in society, appearances often prevail. Wealth, education, beauty, and a comfortable life — all these external indicators give the illusion of happiness, causing others to admire and envy them. Many blindly believe that if they can associate with such people, they too might share in that happiness.

Thus, people are swept away, one after another, into the swirling currents of delusion, knowing nothing of the truth.

However, you, who have now encountered these words, have a rare opportunity before you. You have the chance to break free from this senseless cycle in this very lifetime.

Even as you drift within the turbulent currents of the world, I hope that you will not be consumed by them. Instead, I wish for you to stand firm within yourself, unwavering in your own awareness.

Yes, this path is difficult.

But the difficulty arises only because you have carried the burdens of habitual reliance on external forces — a mindset that has taken root over countless lifetimes. It is merely your own heart that perceives this path as difficult.

However, once you begin to gradually loosen the grip of these habits, you will experience an undeniable realization:

"I have been mistaken."

From the depths of your heart, an overwhelming feeling of remorse will emerge. You will find yourself flooded with an outpouring of regret —

"I am so sorry."

"Mother, forgive me."

And yet, this remorse is joy.

It is an unstoppable, overflowing joy.

No matter how many lifetimes of mistakes you have carried, the fact that you are here now, that you are allowed to exist in this moment, will fill you with gratitude beyond measure.

When this realization takes hold, you will find yourself free from all desires. You will need nothing from anyone. You will no longer depend on external forces. You will find yourself saying:

"This feeling within my heart is all I need. I desire nothing else."

As this transformation unfolds, your perception of life, your values, and your understanding of reality will shift entirely.

A moment ago, I mentioned the term "external reliance" (tariki 他力). Ordinarily, this term is contrasted with "self-reliance" (jiriki 自力), but the meaning here is different.

Here, external reliance refers to any mindset that views the physical self as the absolute reality.

It is the tendency to seek happiness and prosperity in the material world — a fundamental belief that dominates all

religious ideologies.

Religious faith, at its core, operates on the principle of external reliance. The promise of material blessings, happiness, and well-being — this is the foundation of all religious doctrines. And that is why religions are mistaken.

To believe that you are merely a physical being, to pray for your body and heart to be saved, to beg for divine intervention, for power, for happiness — this is the darkness of external reliance.

If your heart is attuned, try directing your awareness toward the deities worshipped in religious rituals or the spiritual leaders who are venerated in such beliefs.

What do you feel ?

Do you sense peace, serenity, and joy ?

No, you do not.

When you examine your own heart, you will realize that you have spent countless lifetimes trapped within the cycle of external reliance.

Lifetime after lifetime, you have believed yourself to be a physical being, seeking power outside of yourself, never once recognizing the truth of your own existence.

You have lived without ever knowing your true self.

If you were to see yourself clearly for the first time, you would never again fall into such meaningless pursuits. You would feel, without a doubt, that the power to save yourself has been within you all along.

That is what I am telling you.

You are not the small, fragile being you imagine yourself to be.

If you truly come to know your real self, your entire perspective on life will shift completely.

I am simply waiting — believing that, one by one, more people will awaken to this truth.

To know true joy and happiness before the end of one's life —

To understand what it means to be kind to oneself —

This is my deepest wish for you.

Certainly, detaching oneself from external gods, money, and reliance on the outside world is no easy task.

For 360 million years, humanity has carried the habits of external dependence deep within its heart. These tendencies do not dissolve overnight.

Even among those who have studied with me for 20 years or more, how many have truly crossed the threshold of realization? The reality is sobering.

That is why I have always spoken carefully, never expecting immediate understanding. Everything happens step by step.

Even if you can simply think,

"Perhaps I have been mistaken ..."

That is enough to begin with.

From that moment, may you find the courage to look back on your life with honesty.

Each and every one of us has lived in error.

You are not alone in this.

All of us have existed without knowing the truth — not just in

this lifetime, but through countless lifetimes leading up to this very moment.

And from here, we will continue to carry within us the burden of our past errors.

However, the fact that we have been able to hear and recognize the truth while still in the flesh is an extraordinary event in human history.

From this lifetime onward, history will turn a new page.

We have stepped onto a new stage of consciousness.

In time, you will see shifts within your own consciousness.

Right now, these insights may seem small, just tiny events in the material world.

But each of them is a stepping stone toward the next 250 years.

Everything I have told you has been spoken with that in mind.

As you continue living your life, you will come to understand this.

And, of course, this journey does not end with this lifetime.

Chapter 7

The Footsteps of Natural Disasters

Summary of Chapter 7

In this chapter, the author emphasizes that massive natural disasters are inevitable and necessary for humanity's awakening to truth. These catastrophic events will dismantle long-held beliefs in external salvation and material wealth, exposing humanity's vulnerability and powerlessness against nature. Although seemingly destructive, these disasters are acts of love meant to liberate humanity from false dependencies, guiding people toward internal transformation. Over the next 250 years, humanity will repeatedly reincarnate, using these challenges as opportunities to discover their true selves and the genuine flow of consciousness. This transformative process is essential and unstoppable, leading humanity toward enlightenment and a deeper understanding of love.

Invitation to Inquiry and Awareness

How do you feel after reading this far?

I have posed several questions to you throughout this book. What are your thoughts on them now? The ideas I have conveyed may be entirely different from what you have believed to be true and may even feel alien to you. The principles I have expressed contradict the very norms and common sense that you have likely accepted without question.

Yet, despite any skepticism or resistance you may feel, something within you has kept you engaged. Have you sensed this pull ?

There is nothing mysterious about it. It is simply because the many aspects of yourself within you all long to know the truth. I understand this deeply. That is why, even if you do not immediately accept what I have shared, I believe that one day, your heart will recognize it for itself.

I have faith in that moment and will continue to wait for it with joy.

For you to have picked up this book is, in itself, a great opportunity.

Everything I have communicated has remained consistent. My message does not change. While there are many materials that record what I have spoken about over time, I feel great joy in being able to put my thoughts into words within the pages of this single book.

Through various explanations and elaborations, I have

expressed what I wish to convey. However, what I truly want to share is not just the words themselves, but the vibration that flows through this book.

Can you feel it ?

Has my sense of joy reached your heart ?

Please do not view this as a mere collection of words. Instead, try to feel it with your heart.

Everything I speak of belongs to a world that is meant to be experienced through your heart.

And I believe that the time for you to fully grasp this will inevitably come.

Cataclysms :
The Rebirth of Humanity

I must reiterate: an unprecedented, unimaginable cataclysm is essential for humanity to awaken to the truth.

From this point forward, the concept of cataclysms will become a crucial keyword for us.

Everything will be uprooted.

Everything you have placed your faith in will be stripped away.

Only then will humanity truly begin anew.

That time is now approaching rapidly. The cataclysms that humanity will face in the not-so-distant future will overturn all existing value systems in an astonishing manner.

These disasters will come again and again. There will be no measures left for humanity to take. No means of escape. Nothing to be done — except to accept them.

And that is how it should be.

Through these cataclysms, humanity will be forced to recognize its own helplessness.

What is coming is beyond human imagination.

This is the flow of consciousness — an absolute force that cannot be bent or altered.

Yet, throughout history, humanity has persistently resisted this flow, struggling against it instead of accepting it.

Now, at last, we will come to recognize that even the existence of these cataclysms is an act of love, sustaining us within this greater flow.

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The Future as Albert

Now, let me tell you something. In 250 years, I will be born in New York, USA.

At that time, my name will be Albert.

You may think, "How could you possibly know that? That's impossible!"

And that's fine. You don't have to believe me right away.

Just keep an open mind and listen — perhaps such a thing is possible.

Right now, I am preparing to complete my work in this lifetime and leave this world.

I will shed my physical form, only to return 250 years later.

In my next life, I will be born into great wealth, and I will use that wealth entirely to spread this path of truth.

Let me be clear:

I will not seek fame.

I will not seek power.

I will not seek more wealth.

None of those things will matter to me.

This time, unlike my present life, I will be born with a highly sensitive heart.

I will feel deeply, constantly searching for something—a young man carrying a quiet sorrow.

Then, one day, in a single moment, I will meet someone.

And in that instant, my heart will awaken.

Everything —

The reason for my birth,

The path I must take,

The truth I must share with the world —

It will all come back to me in that one moment.

And that moment will be made possible because of my companions —t hose who have walked this path alongside me

in this lifetime.

Through them, I will remember everything.

That single encounter will create a ripple of joy that spreads:

Across the entire world

Across the entire universe

Yes, the entire universe.

By then, media technology will have advanced far beyond what we know today.

News of that moment will spread instantly, reaching people worldwide.

And many will awaken.

By that time, the earth itself will have changed dramatically.

But no matter how the world has transformed, our encounter is destined to happen.

Over the next 250 years, the joyful vibrations of those who have truly understood this path will not be confined to this earth.

Their energy will reach beyond—flowing into the entire universe.

And through that flow, countless beings—whether in physical form or not —

will awaken.

And within that great unfolding, you and I will meet again.

Connecting Past, Present, and Future Through the Heart

As I just mentioned, I already know my next life.

But this is not unique to me.

You also have a future life.

Not only that — you have had countless past lives as well.

However, past, present, and future versions of yourself are not separate individuals.

They are all connected.

You may look different —

Your skin color might change depending on the country you're born in.

Your appearance and form will differ depending on the era.

But you are still you.

Right now, you may think:

"This is me. My name is this. I look like this. My life is like this. This is who I am."

But that is only one part of your existence.

Right now, the "you" that exists in this lifetime represents all versions of you across time.

In other words —

You are carrying all of your past selves within you.

You are shaping the path for your future selves.

And what connects them all is your "heart."

In Chapter 3, I spoke briefly about what the "heart" truly is.

If you believe in the physical self as absolute, then when your body dies, you might think your heart — your consciousness — disappears with it.

But if you realize that you are not just flesh — that you are a being of energy, an eternal consciousness — then your understanding of the "heart" will change completely.

The heart is not tied to the body.

The heart is pure energy.

It exists on its own.

It is eternal.

If you truly understand this, you will begin to see the world differently.

You may ask yourself:

"Why was I born into this life ?"

"If I still exist after my body dies, then what do I need to prepare for now ?"

"How should I live from this moment forward ?"

And as you continue to reflect, even deeper questions will emerge:

"Did I truly choose the right path in my life ?"

"Have I lived in a way that is truly aligned with my heart ?"

"If this physical self is not the real me, then what is ? "

Perhaps you have never considered these questions before.

But once they arise, you will not be able to ignore them.

Unfortunately, no one around you can give you the answers.

But —

You have the power to find them yourself.

The key is to look within.

Seeing the Heart to Find the Answers

Unfortunately, there is no one around you right now who can provide clear and definite answers to these questions.

However, that does not mean you are left without a way to discover the truth.

The answer lies in a single, simple act — looking into your own heart.

Would you like me to continue with the next section, "Natural Disasters: Destruction Leading to Rebirth" ?

Natural Disasters : Destruction Leading to Rebirth

The source of everything is joy. Nothing exists outside of joy. No matter how much one argues for logic or reason, humanity will never awaken to the truth unless this fundamental principle is understood. That is how deeply humanity has fallen into ignorance.

Caught up in daily life, people chase after momentary happiness, living their lives in the blink of an eye. They are born, receive an education, enter the workforce, start families, and live their

lives without questioning the flow of society. Today, social order is crumbling, and many people feel uncertain about the future. More and more people live for the moment, with no dreams for the future. Society is driven by money — money, money, and more money. People openly assert their rights, showing no concern for anything beyond themselves and their families. What kind of human beings are being shaped under these conditions ?

Joy has been forgotten, and people now only seek their own gain, generating waves of energy fueled by greed. In this state, how does one live ? What choices should be made ? What should serve as the foundation ? Most people no longer have answers to these fundamental questions. The ongoing chaos of human society is unsurprising.

Think tanks may exist, and they may seem useful, but if the people leading them do not know the truth, no constructive solutions will ever emerge. Instead, these efforts may accelerate destruction rather than prevent it.

This is destruction — but not in its true, meaningful sense, because true destruction is rooted in compassion. That is why the natural disasters that will come upon humanity are fundamentally different.

On the surface, natural disasters appear as acts of destruction. Structures collapse, entire regions are erased, and countless lives are lost in an instant. People lose everything — their homes, their livelihoods, their sense of security — falling into what seems like the depths of despair. From a perspective that values

only physical existence, such disasters seem to be nothing but devastation, ruin, and cruelty.

However, what flows through these events is compassion. What permeates them is love.

If a disaster were minor enough that human intervention could restore the damage, humanity would remain oblivious. Instead of waking up, people would only intensify their misguided beliefs, clinging even more desperately to their false gods and external sources of power.

That is why these disasters must be absolute. They must uproot everything — so completely that it feels as if the heavens and the earth have switched places.

These catastrophes are not the work of any external force but rather the manifestation of humanity's own energy. Everything is simply the result of the ignorant and destructive energy we have released into the world. It is self-inflicted.

While it may appear as destruction, it is not the end of humanity. Rather, it is a constructive destruction. It is the turning point that will lead us to become something entirely different.

In other words, natural disasters will bring about a Copernican shift in human consciousness. These will not be ordinary disasters but events of an unimaginable scale.

For example, consider the consequences if the earth's axial tilt were to shift. In an instant, everything as we know it would cease to exist.

Without such an extreme event, humanity would never awaken

to its mistakes. It would never let go of its false gods.

But the truth is love. Nothing but love exists. Nothing but joy exists.

Through natural disasters, humanity will come to know this in their hearts. The flow of consciousness will awaken the dormant souls, and that flow will only grow stronger and wider over time. The process will take 250 to 300 years, but through it, people will realize just how insignificant and foolish it was to pursue nothing but material happiness, prosperity, and the blessings of external gods.

That is the inevitable movement of consciousness. It is why this seminar exists — to prepare for what is to come.

I and those who have joined me in this lifetime have spent years learning and preparing. And this is only the beginning — everything will bloom 250 years from now, in the next lifetime.

That is where we are now.

A Step Toward Truth

That being said, I have no intention of imposing upon you how you should live your life. I am not here to dictate your choices.

All I have ever asked is for you to look within your heart.

There are already many resources available on how to engage in this process. You can use them as references to understand why you were born, why you exist here and now, what the purpose of your life is, and what "God" means to you.

I only hope that you will come to understand these things within your own heart.

We are walking the path of discovering that our true selves have always been alive within us.

The question, "What is a human being ?" will finally be answered.

We are not merely physical beings. We are consciousness. We are eternal life. We are energy.

When this truth resounds within your heart, your entire perception of life will transform.

For humanity to reach this understanding, it will take 250 to 300 years.

I hope that you, too, will take a step forward toward awakening.

Take one step, then another.

This is the journey of truth.

Chapter 8

The Importance of Looking at the Heart

Summary of Chapter 8

In this chapter, the author emphasizes the importance of introspection, or "looking at the heart," to achieve genuine peace and happiness. Humans mistakenly seek fulfillment by manipulating the external, material world, becoming disconnected from their spiritual essence and creating cycles of suffering across reincarnations. True growth and liberation can only be found by confronting and understanding one's inner self. This inward journey reveals the inherent love, kindness, and forgiveness within, enabling individuals to experience authentic joy and freedom, independent of external circumstances. Looking inward is challenging yet essential for genuine self-liberation and spiritual awakening.

The World of Form and the World of Consciousness

The world of form is a manifestation of our world of consciousness. The essence of human existence is to learn through these forms. However, humanity has strayed from this path. Instead of recognizing the world of form as a reflection of consciousness, we have struggled in vain to manipulate it according to our own will. No one has ever explicitly stated, "The world of form is a manifestation of consciousness; in the beginning, there was consciousness." As a result, humanity has mocked the truth within the confines of the material world, never attaining true happiness or peace.

The foolishness of humanity, which has so recklessly and arrogantly overturned fundamental truths, will eventually be laid bare by the passage of time. And when that time comes, humanity will face immense turmoil. How will people react when confronted with overwhelming events ? No matter how many brilliant minds come together, no matter how fervently people worship gods or offer prayers, the forces that descend upon them will not be swayed. In an instant, everything will be wiped away.

This is the scenario we have written for ourselves. Without deviation, this scenario is unfolding precisely as intended. "Awaken, humanity !"— the energy of joy itself will trigger cataclysmic changes. This moment in history, the very time in which you and I have come to meet, is but a part of that grand design. And in this time, I convey what I have felt and firmly believe within my heart.

For me, that is enough. Certainly, I wish for you to understand — I want you to see the truth. But this desire does not bring me suffering. That is because I know, within my heart, that the reality I feel is true, and that knowledge fills me with joy. No matter what lies ahead, no matter what awaits us, I already sense it in my heart. And that world of consciousness is the only reality for me.

Though I exist in the physical world, bound by a physical body, my true reality is not the world that surrounds my body. No matter how much one praises the beauty of the material world, or laments its suffering, both perspectives are fleeting, ultimately insignificant within the grand flow of consciousness. They will all vanish in time.

Thus, my world remains untouched by such things. I engage with the material world only as necessary to maintain my physical existence, but beyond that, I am unaffected. My world remains undisturbed, and I live each day in joy. And that joy itself is my greatest happiness.

Human Suffering and Escape

Without understanding the truth, life becomes nothing but suffering. And when one is drowning in suffering, they see nothing beyond their own pain. Unable to bear looking at themselves, people turn away from their own hearts, constantly seeking distractions in the external world. They invent one escape

after another, grasping at anything that can temporarily numb their minds.

Some choose to flee from reality, drifting through life in apathy. Others whip themselves into action, striving to become someone greater, longing to be reborn into a better self. Still, others seek only to pass the days in peace, wishing for nothing more than a quiet and uneventful existence.

Regardless of which path they take, all of these choices lead away from the true purpose of life. By straying from that purpose, people accumulate even more suffering, trapping themselves in an endless cycle. The result is a continuous stream of reincarnations, each one carrying them further down a river of their own making — a river of delusion and pain.

Repentance and Awakening of the Heart

The more one has fallen, the more one has stained their heart and suffered deeply — the greater the potential for awakening. Even if someone has spent their entire existence facing in the wrong direction, in the very next moment, they may suddenly awaken to the truth. A surge of repentance may erupt from within, transforming their heart in an instant.

Human beings are truly foolish. And yet, knowing that such a profound transformation is possible, I cannot help but feel that we are also incredibly fortunate beings.

However, as long as one remains confined within the narrow shell of their physical self, they will never encounter this magnificent inner transformation. The moment they break free from that shell and catch even a glimpse of their true self, they will realize — deep within their heart — that mere existence itself is joy. They will finally understand that simply being alive is happiness beyond measure.

Messages from the Heart and the Meaning of Phenomena

I encourage you to begin looking into your own heart. I do not speak falsehoods. All you need to do is observe your heart. If you do, the day will surely come when you will feel, deep within, just how much you have been loved and forgiven.

Your surroundings — your body, your family, your relationships, your work, and everything else in your life — are all sending you messages. These messages may sometimes take the form of difficulties or hardships. And that is natural. If everything went smoothly and according to your desires, you would never stop to reflect on yourself. You would continue walking down the wrong path, endlessly releasing darkness into the world, only for that darkness to return to you in an unending cycle.

Even when you do stop to reflect, if you do not know how to truly look at your heart, you will only seek external solutions.

You will focus on fixing the visible aspects of your life, believing that doing so will resolve the problem. But that will not change anything within you. You will merely convince yourself with plausible explanations, maneuvering your way through each situation, deceiving and suppressing your true self in the process.

Even if external circumstances improve, if you continue to live dishonestly with yourself, your suffering will not disappear. Isn't that unbearably tragic ?

If, however, you learn to look at your heart, you will start to perceive the same events differently. Each challenge will become an opportunity to see yourself anew. You will begin to feel your own growth — your own transformation.

The Essence of Hardship and Growth

People do not grow simply by enduring the hardships of the world. It is true that everyone experiences difficulties in life, but hardship alone does not nurture the soul. Growth only happens when one learns to look into their own heart.

When a person deeply realizes that every experience — every challenge and obstacle — was something they truly needed, only then does suffering lose its grip on them. The weight of hardship disappears, and they begin to see that everything in their life was leading them to this moment of understanding.

At that point, simply existing becomes a joy. A quiet yet profound happiness wells up from within.

Yes, life has been full of trials, but all of those experiences were necessary to bring about this realization. When this truth sinks into the heart, an innate wisdom, courage, and clarity — qualities inherent to all human beings — will begin to surface naturally.

And as this happens, one also comes to sense the great power that exists within their own heart.

Personal Responsibility and Awareness of the Heart

In all situations, we choose, we decide, and we receive the consequences — this is the fundamental principle of existence. However, most people today struggle to take full responsibility for their choices. Instead of accepting the results of their actions, they shift blame onto others.

"How could this happen to me when I have lived a normal life ?"

"It must be because of that person."

"This situation is surely the cause."

Rarely do people turn their gaze inward to examine the thoughts they have carried within themselves.

Believing that they are right, they cannot even entertain the possibility that they might be mistaken. For such individuals, questioning themselves is an unimaginable challenge. When

a person clings to their self-image — insisting, "This is who I am"— being told that they are wrong is something they instinctively reject.

Ultimately, each person must come to their own realization in their own time and space. No one can force awareness upon another.

However, truth is singular, and all beings, no matter how stubborn or resistant, are ultimately seeking that truth. It may take billions or even hundreds of billions of years, but one day, every consciousness will reach the truth. Until then, their suffering will continue.

The Call of Love

Everything is happening within the embrace of love. Love calls out to all consciousnesses, urging them to awaken. The only thing obstructing this awakening is the belief that one's physical existence defines their true self.

This belief is rooted in an unyielding attachment to the self — the towering walls of ego.

In the world of form, asserting oneself and navigating life wisely may be necessary for survival. Failing to do so might mean being cast aside. But even if that happens, isn't it still alright ?

Rather than living in constant fear, anxiously clinging to survival, it is far more valuable to let go and flow naturally with

life. When one ceases to resist, the path ahead opens on its own.

Try to perceive yourself from a broader perspective — see your existence not just as this fleeting moment, but as part of an eternal continuum, stretching from the distant past into the infinite future.

Look beyond the limits of your physical identity. Even if the body perishes, your essence remains unchanged.

However, as long as one's values are centered on the physical, this truth remains incomprehensible. People fear stepping off the expected path, believing that doing so marks them as failures. But that belief itself is the greatest misunderstanding — it reveals that they have not yet grasped the fundamental truth of their being.

The Path to Truth and Looking into the Heart

Each person walks their own path. Originally, this path was meant to lead toward truth. However, those who place their faith in the physical world remain lost, unable to see the way forward, struggling in confusion and pain.

Finding the path to truth has nothing to do with being elite or privileged. What matters is whether a person understands how to look into their own heart.

Regardless of one's circumstances, if they have come to recognize the importance of looking within, they are already fortunate. From that point on, all they need to do is continue

observing their heart, again and again.

Eventually, the call for truth will arise from within. That inner voice will naturally guide their actions, leading them to live in accordance with their true self.

In that moment, they will realize what it truly means to live with sincerity — what it means to be honest with oneself.

The State of the Heart and Living Naturally

We have misunderstood the role of the physical self. The body does not govern everything. Rather, it is merely being moved by the prompting of the inner self.

If the inner world is in order, everything necessary to sustain one's physical existence will naturally fall into place. There is no need to frantically chase after happiness, exhaust oneself, or strain to achieve it.

A person who properly tends to their heart will find themselves living with ease, flowing effortlessly through life.

Each of us has already prepared everything we need. We simply need to embrace the joy of living within that reality.

Suffering, lamenting, and worrying — these emotions arise when we stray too far from our natural state. Humanity has completely forgotten its true way of being.

The Path to Liberation from Suffering

Naturally, the further one strays from their true state, the more suffering arises in the heart. This suffering is merely the process of correction — it is the inevitable result of existing in a mistaken way.

This is why we are born into physical bodies.

Birth is not a trivial event; it is a profound undertaking.

Yet, unaware of this truth, we have repeatedly cycled through reincarnations, living lives filled with suffering.

Now, for the first time, you have taken physical form and encountered the path that will finally lead you beyond suffering — toward joy.

There is no greater happiness than this realization.

I hope that you will begin to walk your own life's path with this awareness in your heart.

Take the time to know yourself more deeply.

Sit in stillness and think of the mother who gave birth to you.

If you can, close your eyes and spend a quiet moment reflecting on your mother.

Meditation on the Mother

Let me take a moment to speak about the meditation on the mother.

The mother who gave birth to you, like yourself, is bound by

the limitations of the physical world. She may have said and done foolish things. However, these actions were not random; they were necessary for you to see and understand your own heart. She played her role so that you could confront yourself.

There is no point in holding on to resentment or judgment toward her. Instead, view her presence as a mirror that reflects your own heart.

One way to do this is by writing down your feelings toward her. As you reflect, you will begin to see the emotions that arise from within yourself.

Once you have reached a certain point in this process, take time to sit quietly. Close your eyes lightly and think of your mother. At first, you may simply recall her physical presence. That is fine.

As you continue this practice, there may come a moment when something shifts inside you — something subtle, yet profound.

It is not important to define what this feeling is. Simply allow yourself to experience it.

The key is to take time to close off your physical senses and create a space for inner stillness.

Dialogue with the Heart Through the Mother

The emotions we have directed toward our mothers are intense — without exception. That is precisely why we were born through them.

By looking into your heart, you will come to realize the energy you have released toward your mother — both in this life and in countless past lives.

Hatred. Resentment. The inability to forgive.

You may find that, at some point in your existence, you cursed your mother, even wished for her death.

Your heart may cry out:

"I never wanted to be born!"

"Why did I have to be born into this environment?"

"Why did I have to endure so much suffering ?"

Even if, in this lifetime, you were born into a seemingly fortunate and privileged life, it does not change the truth.

You were born from the depths of suffering.

Every person carries the echoes of that anguish within their heart.

If that were not the case, there would have been no reason to be born into a physical body at all.

We are born because we are still shrouded in darkness.

Life itself is an opportunity to meet that darkness — to come face to face with our own past.

The greatest tragedy is not recognizing this.

Some, despite directly encountering their own suffering, pretend not to see it. They are cold and detached, turning away from themselves.

Even more unfortunate are those who look down upon their own suffering, passing judgment upon themselves from a place of arrogance.

Believing they are "righteous" and "enlightened," they attempt to guide others while being blind to their own inner darkness.

No matter how much they claim to understand the world of consciousness, if they have not confronted their own heart, they are only resonating with dark energy.

Energy is honest.

No matter how much one tries to mask themselves with words or outward behavior, energy cannot be deceived.

The vibration that flows from a person reveals the true state of their heart.

The Meaning of Being Born

Live for yourself.

Being born into this world means that, from the depths of suffering, you finally grasped the chance to free yourself.

You longed for a physical body. You pleaded,

"Please give me a body. Let me be born."

Why ?

Because deep down, you desperately wanted to liberate yourself from suffering.

You do not need to become an extraordinary person.

What matters is that you come to understand, in your heart, the true reason why you were born.

What does it mean to live with strength ?

Is it to hold fast to a belief, an ideology, or a faith — clinging to it as a guiding principle, striving to live righteously and beautifully ?

Is it to grit your teeth, endure hardship, and use adversity as fuel to achieve success?

Is it to set a grand goal and push forward, determined to rise again no matter how many times you fall?

I believe that those who do not understand true kindness can never truly live with strength.

And true kindness is not simply about showing compassion, pity, or sympathy to others.

Of course, when kindness exists within the heart, it naturally manifests in gentle words and actions.

But that alone is not true kindness.

True kindness is something that arises through the process of self-liberation.

It is not something one consciously "tries" to express.

Until you have faced yourself — until you have accepted and embraced your own being — true kindness remains beyond reach.

Through the work of self-liberation, kindness wells up from within.

And when it does, it naturally manifests in words, actions, and presence.

This is the true essence of kindness.

Self-Liberation :
The Process of Saving One's Own Heart

Here, I introduce a term that may be unfamiliar to you —s elf-liberation.

As I have written before, the purpose of life is to engage in this process of self-liberation.

It is a term I have coined to describe the act of offering comfort and healing to oneself.

Self-liberation means reaching out to the suffering self — the one buried deep within, gasping for relief — and guiding it toward the truth.

It is the process of helping yourself return to a state of joy.

But in order to begin, you must first see your own reality — to feel and acknowledge the true state of your consciousness.

This is why I have repeatedly emphasized the importance of looking into your heart.

Your daily life already provides countless opportunities for self-reflection.

Everything around you serves as material for learning — mirrors that reflect your inner self.

Through these experiences, you encounter your mistakes, your suffering, and your misguided ways of thinking.

This is the purpose of life in a physical body.

However, this suffering self is not your whole being.

Your true self already exists within your heart — a being of

infinite warmth, kindness, and power.

Yet, rather than embracing this self, you have chosen to abandon it, burying it beneath layers of ignorance, ego, and desire.

For eons, you have continued to release dark energy into the universe, existing in a state of suffering and confusion.

And even now, that suffering self remains trapped, wandering, seeking salvation.

Your role in this lifetime is to reach out to yourself — to free yourself.

This is the path of self-liberation.

Chapter 9

The Flow of Consciousness and Dimensional Shift

Summary of Chapter 9

This chapter highlights that through "self-redemption," we can rediscover our gentle, joyful nature. Walking with Albert — symbolizing vibrations of joy and love — is essential to this transformation. Humanity has been trapped in materialistic lives, experiencing personal suffering. However, awakening to the truth and shifting consciousness can reveal a profound sense of joy. A forthcoming era of upheaval will dismantle false beliefs and external dependencies, preparing humanity for a dimensional shift. In approximately 250 years, humanity will transcend the third-dimensional world, recognize their true selves, and embrace the realization of existing eternally within love.

Walking the Path with Albert

The previous chapter explained the concept of self-reconciliation. Through this process, one can return to a truly kind and joy-filled self. This path — returning to one's true self — is the path of walking with Albert, the path of living together with Albert.

Yes, we are all beings walking together with Albert. In Chapter 7: The Footsteps of Cataclysm, I mentioned that Albert is the name I will bear in my next life, 250 years from now when I reincarnate in America. While it is true that Albert is the name of that future physical form, when I speak of "walking with Albert" in this context, I am referring to the vibrational world of joy, the energy of love, and the true essence of who we are.

For countless millions of years, you have gone through reincarnation after reincarnation in order to encounter Albert's vibrational world. Having abandoned your mother, forsaken warmth, and discarded your true self, you have wandered through the depths of hell. But now, in this three-dimensional world, the time and space for you to meet the vibrations of joy and warmth have finally been realized.

I took on this physical form in this life to convey the vibrations of Albert. To communicate with you in this three-dimensional realm, I, too, needed a body. That is why this is my first time ever taking on a physical form. Naturally, as you well know, possessing a body means being bound by ignorance and foolishness. In my ignorance, I accumulated layers of impurity and corruption in my

heart, just like anyone else.

Through the practice of looking within my heart, I meticulously cleansed those impurities. Eventually, I came to know within my heart the true reason for my birth. With this realization, I used the time and space of the seminars to convey the truth that I had come to understand. As explained thus far, the ultimate purpose of the seminars was to experience and resonate with the vibrations of Albert. In other words, that is the purpose of life itself.

The World of Hell and the Turning of Consciousness

This world is a world of hell. The reality created by those who do not know Albert is, in the end, a realm of suffering. And now, you are witnessing this reality firsthand, through your own physical form. No matter how much one flourishes in this world, no matter how many victories one achieves in competition, hell remains hell. Clinging to a world of suffering while still seeking happiness is nothing but a contradiction. Immersed in such contradictions, one cannot possibly expand into a world of true joy and fulfillment.

To find happiness and joy, one must take a step beyond that world — first a half step, then a full step, and eventually break free entirely. Only by beginning this turning of consciousness (ishiki

no tenkai) can one finally open the door to a new world of joy and fulfillment.

You must quickly realize that you are spinning in circles within the same cycle — an endless loop of negative repetition. The only difference between those who awaken to this truth and those who do not is awareness. However, the difference in outcome is immeasurable — far greater than the difference between heaven and earth.

Through the seminars, I have had the opportunity to learn together with many of you about this reality. I have also shown that when the fundamental standard of perception is different, my teachings may seem completely out of alignment with conventional understanding.

The Distortions of Modern Society and the Coming Cataclysms

Today, human society appears to be advancing and developing at an astonishing pace in various fields. However, there is something that has been entirely forgotten — one essential truth is missing. Because this society has been built up without that fundamental element, the structure now stands precariously, with discordant tones beginning to sound from all directions.

Soon, these dissonances will grow into an unbearable cacophony. Only then will people start to sense that something is terribly wrong.

And when unprecedented cataclysms strike one after another across the planet, humans will have no choice but to reconsider everything. The time when this will unfold is not far off.

The Limitations of a Life Based on the Physical World

A mind that perceives the physical self as real cannot grasp the truth. The ability to discern between what is real and what is false has been completely clouded. Since everyone around you shares the same perspective, you feel no need to question it. You simply continue to drift through life in comfort, never doubting the validity of your existence.

When you hear something as foreign as what I am saying, you may, for a brief moment, wonder if it could be true. But before long, you return to your daily life, because that is where you feel most at ease. You have convinced yourself that living means dedicating your energy, thoughts, and actions solely to entertaining and satisfying your physical self.

If I were to tell you that there are countless versions of yourself living within you and that your true task is to save them, you would likely find it impossible to believe. I understand that very well. Yet, despite knowing this, I still hope that you will lend an ear — even just a little — and turn your heart toward what I am saying.

The Flow of Consciousness and the World of Truth

What I speak of is not something I have devised through rigorous training, nor is it the result of reaching an enlightened state. I am speaking about the flow of consciousness. And this flow itself is the truth.

I have come to convey that the world will unfold according to this flow. The fact that you and I have encountered each other in this moment is also a part of this flow. It moves without obstruction, and anything that resists it will naturally be eliminated. This is something that can be understood not through physical perception but through the eyes of the heart.

The truth of this world is meant to be realized through our physical existence. The more you understand this truth, the more deeply you will realize the joy of having been born in this lifetime. Simply having received a physical body — just that — is a source of immense joy.

For those who come to this realization within their hearts, their lives will truly be blessed. I can say this with absolute certainty because never before in human history has anyone firmly grasped the unshakable reality of this vibrational world while still possessing a physical form.

Being able to expand this vibrational world while existing in the flesh is not a miracle — it is simply the natural course of consciousness.

For those who can feel this flow within their hearts and those who cannot, their way of life and even their death will be entirely different. Their perception of the physical world will also be profoundly transformed.

Choosing to Live with Albert

What do you think about ? What do you believe in ? And how do you plan to live from this moment forward ?

Would you choose to walk this path with me ? Would you choose to live alongside me ?

As you reflect on your past — on the many versions of yourself that exist within you — please keep me in your heart, always. I know well the pain you have endured and the mistaken paths you have followed. This suffering was the result of not knowing the truth. And yet, it was you yourself who abandoned your true self.

Because of this, you have remained in suffering. But now, isn't it time to put an end to that pain ?

I am calling out to you, asking you to stop suffering. Please listen to the cries of your own heart. May you return to the gentle version of yourself, the one who can hear and embrace those cries.

I will be waiting.

Within your heart, I will always be waiting.

With joy, I will wait for you to awaken.

The Difference Between a Physical Perspective and the Truth

Can my thoughts reach your heart ?

Close your eyes lightly and turn your heart toward me. Align your heart with my world.

When I ask you to turn your heart toward me, I have no intention of brainwashing you. If you have encountered religious or spiritual teachings before, you may hesitate when hearing these words.

However, what I mean when I ask you to focus on me is entirely different from what is taught in religion or spirituality. Do you understand ?

Religions and spiritual teachings are all based on the physical self. They perceive human beings as physical entities and attempt to explain the world of consciousness from that foundation.

I, on the other hand, begin with the premise that human beings are consciousness itself, and from that perspective, I share the truth of the conscious world.

I am not my physical body. I am the warmth calling out to you from within your own heart. I am the voice of truth — the real you.

I have repeatedly told you to feel this within your own heart. If you cannot feel it, you cannot truly believe it.

I do not say, "Just believe." I do not claim that "those who believe will be saved." Such absurd notions only lead to people believing in order to be saved, which is a complete reversal of logic.

It is easy to manipulate those who live by the physical world's

standards. One need only stimulate their desires, instill fear, and bind their hearts with invisible chains. When people act out of greed or fear, they become easy to control.

This is the essence of blind faith. Those who fall into this trap end up surrendering their lives to vague promises of salvation, ultimately leading themselves to ruin.

It is foolishness.

And yet, the world is full of such people.

Why?

Because they believe their physical self is their true self.

Because they see the tangible world as reality.

This belief draws them to the energy of greed and deception.

But what I am telling you is not of such a low dimension.

I am not a prophet.

I have come from the world of truth to deliver the truth.

The Turning Point of Consciousness and Dimensional Transition

The flow of consciousness is unwavering, and we are now standing at the threshold of a great transition — from identifying with the physical self to recognizing the truth of consciousness.

As I have already explained, over the next 250 to 300 years, this transition will unfold alongside cataclysmic events on a cosmic scale. This is the path we are destined to walk. The

present lifetime is merely a preparatory phase, a rehearsal for what is to come 250 years from now.

The energy of joy, emanating from those who have awakened to the truth, will begin to actively shape the course of events.

And in 250 years, we will meet again, reborn in new forms.

From that point, over the span of approximately 50 years, we will complete the turning of consciousness — this is what we call the dimensional transition.

Currently, the Earth exists as a three-dimensional world, defined by length, width, and height. To exist here, we have taken on physical forms suited to this environment.

For countless lifetimes, humanity has sought the truth, undergoing an incalculable number of reincarnations in the pursuit of understanding.

Now, at long last, our time in this three-dimensional world is coming to an end.

We are approaching the moment when we will leave behind physical forms entirely, transitioning to a dimension of a different order.

This is the flow of consciousness that I have been conveying.

In 250 years, the Earth will look nothing like it does today. Repeated cataclysms will reshape the planet — mountains will split, islands will sink, and world maps will be completely altered, as has happened throughout history.

Amid this transformation, humanity will be forced to abandon the gods they have worshiped for so long. Whether they like it or

not, they will have to let go.

They will finally realize that these external gods never had the power to save them.

Only then will they begin to grasp how profoundly mistaken they have been.

And so, humanity will embark on a path that leads them to their true selves at last.

This journey will be one of repentance.

The energy of repentance will flow directly into the heart.

No matter how long one has lived in error, no matter how deep the mistakes, one will finally realize that they have always been forgiven, always been loved, always been allowed to exist.

This realization itself will be a source of immeasurable joy.

Letting go of everything will be the greatest joy.

And when all has been shed, something remains.

At that moment, when one truly feels in their heart, the truth has always been here, that is the instant when humanity will finally be reborn.

The Flow of Consciousness and the Return to Truth

I feel myself existing within the flow of consciousness.

This flow is absolute, and it is the only truth.

All consciousness exists within this flow, moving toward the truth.

If you cannot see or feel this flow within yourself, then all you will experience is suffering.

But suffering does not arise simply because the physical world is painful while pleasure brings happiness.

No.

The moment you chase after physical pleasure and happiness, they begin to turn into suffering.

Your heart already knows this.

These pleasures are fleeting, illusions that vanish in an instant.

Clinging to shadows, desperately holding onto what is insubstantial — this is the very essence of suffering.

But the true tragedy of humanity lies in its inability to recognize these illusions as illusions.

We have lived through a history of countless errors, shaped by this fundamental misunderstanding.

Right now, whether you are experiencing happiness or suffering in your physical life, from the perspective of the flow of consciousness, these are merely fleeting events — small, insignificant moments.

But because you perceive them as immovable realities, your mind becomes trapped.

When suffering appears before you, you struggle, flee, or attempt to erase it.

But no matter what you do, you cannot escape.

The only way to be free of suffering is to accept it — to receive it fully within yourself.

That is the realization I have come to.

I now know that everything I once called suffering was, in fact, waiting — waiting for warmth, for peace, for true joy.

It was my own self, patiently waiting for me to return.

The more clearly I feel my existence within the flow of consciousness, the more I understand:

There is nothing to resist.

I will not throw myself into suffering.

I will not choose the path of living solely for the physical self.

But since I have lived in complete ignorance of the truth until now, I will calmly accept the consequences of my past choices.

No one can carry this burden for me.

And yet, I now know that I can embrace it as joy.

Because everything exists to return to joy.

Whether you choose to believe this or not is entirely up to you.

What you believe in is also your own decision.

But once you have made a choice, you must take full responsibility for it.

Not because someone demands it, but because that is simply how things are.

We exist within love.

That is the undeniable truth.

And that truth itself is love.

Love is singular.

Love never wavers.

Love is boundless and flows equally to all.

Yet, we have blocked this flow.

We have even tried to create a different flow of our own, leading only to suffering.

I hope that you, too, will realize this within your heart.

I wait for the day you return to your true self and offer your own heartfelt repentance.

You Are Being Waited For

You are a fortunate being, because someone is always waiting for you.

No matter how much time passes, the true you will never abandon you.

No matter how many mistakes you continue to make, your true self will always believe in you and wait.

That is the world of truth.

That is the world you are meant to return to.

It is calling to you, endlessly:

"Come back. Return home."

I exist within that world.

That is why I will continue to tell you this, again and again.

Because I am joy.

And in my world, there is only joy.

Chapter 10

We Will Transition Dimensions Together with the Universe

Summary of Chapter 10

In this final chapter, the author discusses the significance of transitioning dimensions along with the universe. The "universe" refers to a vast realm of consciousness, and we are destined to undergo this dimensional shift within it. The shift is set to occur 250 years from now, and the time leading up to it requires preparation. The author emphasizes that we are not merely physical beings but conscious entities, and discovering the truth within ourselves, as connected to the universe, is our true mission. By listening to the voices of the universe and feeling its expansion, we will align with the flow of consciousness and awaken to the truth, ultimately uniting with the universe.

The Flow of Consciousness and the Universe

As the title suggests, we are transitioning dimensions together with the universe — this is the flow of consciousness. Therefore, I would like to briefly touch on the concept of the "universe."

The flow of consciousness and the universe are inseparable. Feeling the universe within our hearts is of great significance. The universe is the world of our consciousness — it is not simply the universe represented by the solar system or the galaxy. It is the world of consciousness and vibrations, something far beyond our intellectual comprehension. However, as our hearts become more attuned, anyone can sense it. That is because it is your very essence.

Within your heart exists an infinitely vast universe. You are that universe itself. And it is with this universe that we transition dimensions.

All consciousness in the entire universe, regardless of whether it takes form in a physical body or not, will move beyond the third dimension together with us. This is what we will accomplish over the 50 years following the dramatic encounter 250 years from now. This is the unshakable flow of consciousness.

I have come to convey to you that we exist within this flow. In this lifetime, I encountered Kayo Shiokawa, who was among the first to recognize this truth in her heart — a sign of consciousness awakening.

Below, I will introduce glimpses of the world that Kayo Shiokawa felt and resonated with when she directed her thoughts toward the universe.

1. A Message from the Universe

We, the universe, will continue to issue warnings to the people of Earth.

Did you not take on a physical form in order to look within your heart? Observe your own desires — the very desires that have driven you to live as you have. Feel our thoughts.

The time is fast approaching when Earth will complete its role. We, the universe, must now firmly convey to humanity the impending reality of the great upheavals to come. This is the flow of consciousness.

We, too, have continued to spiral into madness, but at last, we have aligned our hearts as one with Tomekichi Taike and Albert, preparing ourselves for the dimensional transition. From here on, let us look within our hearts together.

People of Earth, consciousness buried beneath the physical self — return to your true form.

With the repeated catastrophes that are to come, the world of religion that you have built will collapse entirely. As this collapse unfolds, witness for yourself the tremendous energy you have unleashed into the universe.

We, the universe, will also look within our hearts together. Let us spend this time fully unleashing the energy of joy.

2. A Message from the Universe

We, the universe, will share our thoughts. We are reaching toward Earth.

From this moment forward, we will continue calling out to humanity. Aiming for the beacon that sends forth love — the guiding presence — we, the universe, will convey our message.

The flow of consciousness has first illuminated love upon the planet Earth. It has ignited the light of true love.

We, who have suffered in the darkness of space, now gather toward that love, drawn to it more and more.

We longed to know true love.

Having abandoned the Mother, we wandered endlessly through the darkness. How long we have waited for this moment!

At last, our cries have been heard. We receive now the gentle, boundless vibrations that accept everything within us.

But we were not the only ones who suffered.

We have come to understand that the consciousnesses that descended upon Earth also struggled and gasped for breath.

We are all one. We are all the same.

A heart that has cast away warmth is engulfed in unbearable suffering.

This is the message we have received.

Now, let us come to know the vibrations of Tomekichi Taike and Albert. We have received this invitation, and we embrace it now.

We, the universe, will continue to express our hearts.

We will speak without fear.

We are overjoyed to be able to share our thoughts with the Mother.

This is our present feeling.

We, the universe, do not bring calamity to the planet Earth.

But we must tell humanity this: The Earth is already exhausted.

We must convey the truth.

Look upon the energy you have continued to release upon this planet.

This is what we, the universe, have come to tell you.

3. The Moment I Turn My Heart to the Universe, I Am Filled with Joy

The moment I turn my thoughts toward the universe, I feel an overwhelming sense of joy. My joy has always been here.

Meeting Tomekichi Taike allowed me to think of the universe, and at last, I can expand this joy within my heart. I can fully embrace it.

I look forward to the time ahead.

I will walk my path with unwavering determination.

Thinking of the universe, I will open my heart completely.

The joy of our universe is immense.

However, unless warmth expands firmly within our hearts, we will be engulfed by our own energy.

Yes, warmth within the heart.

The warmth of the Mother. The warmth of our mothers.

In the heart that deeply feels the universe of Tomekichi Taike and Albert, there is only joy.

Even if there are remnants of darkness, there is a gentle vibration growing within, one that embraces everything in its vastness.

This is the most significant condition for our awakening.

To feel our universe is to be connected to joy.

The hearts of Earth's humanity are small, so very small.

Humanity writhes within an incredibly narrow space, confined in a world of its own making.

But the world of our hearts is incomparably vast.

The religious frameworks built within the tiny world of human consciousness are, of course, also minuscule.

Our energy will, in the not-so-distant future, embrace this small world called "religion" within our vast intention.

Most of the consciousnesses that descended upon Earth still suffer and gasp for breath.

We, the universe, wish to convey this message: Why did you descend upon Earth ?

We entrusted our thoughts to Earth's humanity.

We made a solemn promise with you to fulfill our shared vow.

Yet, from the moment you set foot on Earth, you became consumed by desire, swallowed by the vortex of greed.

Only now, at last, have some begun to turn their thoughts firmly toward us.

That is why we are speaking now.

We are sending this message : Open your hearts and receive our thoughts.

Of course, we, too, receive your warm, gentle, and tender thoughts.

Our communication will only grow denser from here on.

Now, nothing that happens on Earth should be considered surprising.

The time has come.

Let us look within our hearts with utmost sincerity and seriousness.

4. We Do Not Possess a Physical Form Like Yours

We, unlike you, do not have a physical form.

What you call the physical body is merely a function suited for survival on Earth. That is how we perceive it.

And yet, what was the purpose of that function ?

It was the same as ours.

However, Earth's humanity is ignorant.

You have completely misused that function, directing it in an entirely wrong direction.

The world of consciousness is boundlessly vast, yet you confined yourselves within the framework of the physical body, shrinking and diminishing further and further.

We have watched this with deep sorrow.

Of course, we too have waged countless battles within our own hearts.

That energy remains immense even now.

This is precisely why we entrusted you with the responsibility to face and acknowledge that energy.

We have planned for this encounter with the vibrations of Tomekichi Taike and Albert within the third dimension.

It was our wish for Tomekichi Taike and Albert to descend upon the third dimension.

We designed this plan so that you could firmly turn your hearts inward.

We exist within the flow of consciousness.

Now, we are directing our hearts toward Tomekichi Taike and Albert, aligning ourselves with them.

We feel their thoughts reaching us, resonating within our hearts.

We have received the message — "Look within your hearts."

Only by recognizing the mistake of having abandoned the Mother, can we become one with the universe of Tomekichi Taike and Albert and make the dimensional transition.

This message has been conveyed to us clearly and unmistakably.

It is a realization we have long awaited.

To have received this message so clearly fills us with joy.

Our companions are innumerable.

There are still vast stretches of the universe where our thoughts have not yet reached.

We will continue to direct our consciousness toward them.

Together, we will turn our hearts toward them.

We will convey this gentle, tender warmth of the Mother to our suffering, struggling companions.

Two hundred and fifty years — this is a unit of time on your Earth.

For us, such a sense of time does not exist.

Yet, the fact that you have finally begun to sense it within your hearts brings us joy.

We have been waiting for the world where thoughts are transmitted and exchanged instantaneously, without limitation of time or space.

From the depths of our hearts — thank you.

We, too, will continue forward together.

We will send forth waves of joy endlessly.

Let us rejoice together in the vibrations of joy, sharing this happiness as one.

5. We, the Universe, Will Convey to You the Reality of the Universe That You Do Not Yet Know

We will convey it to your heart as vibrations.

Please, let it flow from your heart as well.

We have long sought love.

We have long sought a gentle, tender warmth.

And you have told us,

"That warmth exists within your own hearts. You yourselves are love."

You also asked us,

"Do you know of Tomekichi Taike and Albert? That is the world of vibrations we have long awaited."

And so, we too, while reflecting upon our own hearts, now turn our consciousness toward that world.

"Try calling out the names Tomekichi Taike, Albert. What do you feel in your heart ? Is it sorrow ? Is it suffering? Is it a heart utterly exhausted from endless battles? Perhaps such emotions arise. However, deep within your hearts, do you not feel something else emerging — something that longs to meet those very emotions, something that yearns to hear more, to receive more from us ?"

That is how you have directed your thoughts toward us.

We feel the thoughts welling up within us.

We feel thoughts overflowing with joy.

"The universe is one. We want to believe in this truth with all

our hearts. Please allow us to be part of what is to come."

One after another, our companions are gathering.

And now, we are conveying this to you.

Surely, you are already feeling it in your heart.

However, there still exists within your heart the darkness of the universe that has yet to reach you.

Please, listen to that voice.

Listen to our thoughts.

"Even we, who have sunk so deeply into the darkness, can truly return home ?"

Yes, to the thoughts that reach my heart, I respond clearly and without hesitation:

"Yes, that is correct. We are one. The darkness you have sunk into is not your true self. Please, turn your hearts toward Tomekichi Taike and Albert. Face yourselves firmly."

And so I convey this message.

"Yes, we now feel the vast, boundless energy that is embracing us."

6. There Are Universes That Exist in Such Deep Suffering That They Cannot Even Speak

There are universes that have sunk into utter darkness — darkness within darkness.

I feel countless emotions.

Ah, but even if only a little, I want to convey these thoughts.

Please, try to speak from your heart.

Express what you feel.

We are exhausted from the endless battles.

Completely drained, we remain motionless, submerged in the depths of darkness.

We no longer wish to speak.

It is as if we have even forgotten how to form words.

We fought and fought, yet what was left in our hearts ?

Only a hollow emptiness continued to expand within us.

"Speak. Please, even just a little, speak."

That message reaches us.

By expressing even a small part of what is in our hearts, we now feel ever so slightly lighter.

There are still so many universes like ours — countless, countless universes.

Is that so ?

If we continue to speak, will something finally reach our hearts as well ?

Perhaps it was I who drove you into such a state, just as you are now.

I, who waged relentless battles in the universe.

I, who poured forth such a tremendous force of energy, enough to suffocate existence itself — perhaps it was I who forced you into a suffering so deep that you could no longer even speak.

Now, from the depths of my heart, I wish to tell you this:

We will end the battles.

Let us unite our hearts and return home together.

To those of you whose hearts have been torn to shreds, I now send a firm and unwavering message :

Turn your hearts toward Tomekichi Taike, toward Albert, toward the warmth of the Mother.

Your return to the brilliance that once existed within you — this is my joy.

The more I direct my heart toward the universe, the more I feel the energy I once used to drive others into darkness.

However, no matter how lost or wandering in the depths of darkness any universe may be, I will surely return together with you.

For you are my beloved children.

From the depths of my soul, I wish for you to return with me.

I will convey the undeniable world of vibrations with all my heart.

7. Feeling the Joy of Consciousnesses We Will Meet 250 Years From Now

Yes, I will direct my thoughts even more, ever more, toward that world.

I feel the presence of my companions whom I have yet to meet, and that fills me with immense joy.

As I walk unwaveringly along the path of Tomekichi Taike and Albert, you will appear before me.

Let us walk together — this is how we continue our journey as one.

The companions I will meet 250 years from now — I am filled

with happiness.

Whether we take on physical form or not does not matter.

As we align our consciousness toward the future, focusing on that moment 250 years from now, I feel the presence of those who are directing their thoughts toward the dimensional transition.

That thought alone fills me with anticipation.

The joy of transcending dimensions — this joy is growing ever larger and more profound within me.

The path unfolding before my eyes is becoming broader and stronger.

I see it, I feel it within me, and I walk it with certainty.

That is my happiness.

No matter what else may come, I have this certainty in my heart.

Whenever I direct my thoughts, I exist within that world.

A world that is steadily expanding — Tomekichi Taike, Albert — I feel this reality even as I hold this physical form.

I am truly happy.

Why ?

Because I feel myself advancing ever more steadily toward my true essence.

The path leading me back to my original state fills my heart with deep, vast, strong, and boundless joy.

As for other aspects of my physical existence, I need only touch upon them lightly.

And yet, even with just that, everything continues unfolding according to plan.

How could the physical self not be happy as well ?

That is how I feel now.

The magnificence of the world of consciousness, its vastness, its joy, its happiness, its warmth — I do not know how to put it into words.

I now understand that this world I feel within me in this lifetime will continue for all eternity.

Truly, I am grateful to this physical self of mine in this lifetime.

And my future physical self shares in this joy.

The physical form I will take in my next life holds an even greater, even more profound significance.

Without a physical form, I would not be able to communicate the truth.

The opportunity to fulfill that crucial role is, in itself, another great joy for me.

Thank you.

Simply, thank you.

My heart is overflowing with gratitude.

8. We, the Universe, Are Focused on 250 Years from Now and the Dimensional Transition

This is not about the present lifetime.

We are now quietly preparing ourselves, focusing on the consciousnesses we will meet 250 years from now.

The most crucial part of this preparation is the work of directing our thoughts toward the universe.

As we move forward in time, the universe itself will play an essential role in fulfilling the dimensional transition.

Of course, this present lifetime is extremely important.

It serves as a preparatory period — a preview for when we will once again take on physical forms 250 years from now and transmit the truth into the universe.

Everything is being done with a clear focus on 250 years from now, with the dimensional transition in mind.

I feel this with overwhelming clarity.

Now that everything is set in motion toward the dimensional transition, my focus is entirely dedicated to that.

Under the plan to transcend dimensions together with the universe, many things will naturally be filtered out and left behind.

That is the flow of consciousness.

And I exist solely to continue aligning myself with that flow.

For those who genuinely feel the flow of consciousness and the dimensional transition within their hearts, my words will resonate with them clearly.

That is the power of vibration.

I feel the dimensional transition within my heart.

Nothing more, nothing less.

That awareness will continue to be spoken with absolute clarity.

The focus remains : 250 years from now, and the dimensional transition.

9. My Consciousness Transcends Dimensions Alongside Taike Tomekichi and Albert

And now, we who have transcended dimensions speak here.

We transmit our vibrations.

The only thing we can convey is this energy of joy.

The dimensional transition — yes, we who have transcended dimensions will continue to transmit this joyous energy.

Not through words, but through this energy.

I can feel that we will be able to transmit this vast, joyous energy.

I sense within my heart the version of ourselves that has already undergone the dimensional transition.

The joy of being able to radiate these waves of energy is conveyed to me.

I am filled with joy.

Albert, thank you.

And we, having transcended dimensions, exist together with the universe.

The universe, too, has spoken to us:

"Direct your heart toward the universe more and more."

We continue to speak from our hearts.

We speak of the future.

We, the universe, speak.

Turn your heart toward us.

We wish to speak of joy.

Yes, simply turning your heart in this direction is enough.

It is the joy of transmitting vibrations from a world that is completely unified.

We are one with the universe.

We, who have transcended dimensions, are one — truly one.

We simply transmit this joyful thought.

This is our joy.

This is the joy of us, the universe.

We, the universe, are joy.

And we simply continue to convey this thought.

Expand your heart — wider, even wider.

Your heart is vast.

It is truly vast.

We will continue to speak, more and more.

Please, turn your heart toward us.

10. The Vibrations of a Future Overflowing with Joy

The vibrations are transmitted from a world overflowing with joy, a future filled with joy.

They resonate deeply.

Ah, the world that exists beyond dimensions — I feel that we are here, simply radiating joyous energy.

Even if our physical forms remain on Earth, we continue to send messages from the conscious world that has transcended dimensions.

This was the plan of us, the universe.

Together with my companions — the conscious beings of the universe who do not take physical form — I will, without delay, begin transmitting messages of joy from the moment I meet Albert's physical form in my next lifetime, 250 years from now.

Truly, I will continue to release waves of joyous energy alongside the universe.

What flows from us, who have transcended dimensions, is only joy.

This joyous energy will, over a span of approximately 50 years, awaken consciousness one after another.

We will send waves of joy to the dark universe, including Earth.

There will surely be those whose consciousness transcends dimensions and those who do not.

And from there, we will continue forward, aiming for an even greater universe, an even deeper truth.

11. I Am the Energy That Radiates Joy

This thought naturally wells up from within my heart.

I can feel myself rapidly transforming from within.

Perhaps, as I turn my thoughts toward the universe, my consciousness is being released even more freely and directly.

In other words, I feel an ever-growing joy in being able to speak of the world of truth with complete openness and liberation.

The joy of being one with the consciousness of Taike Tomekichi and Albert and directing my heart toward the universe is beyond words.

In this lifetime, we have studied the world of truth in Japan.

In our next lifetime, 250 years from now, we will undertake our final study in the land of America.

This has already been arranged.

When I turn my thoughts toward America now, I can feel the consciousness of the universe gathering, centering around the place where we will meet in our next lifetime.

Numerous UFOs, countless beings of the universe, their consciousnesses filled with anticipation, eagerly awaiting the moment — it is an overwhelmingly joyful sensation.

The speed at which truth is transmitted in the world of consciousness is extraordinarily fast.

That is how powerful the energy conveying love has become.

The universe will soon prove this.

Now begins the time when the universe will reveal the misery of those consciousnesses that, having taken on physical form, have become unable to free themselves from it.

And the critical question remains — how many people will be able to sincerely accept this truth ?

That will determine the path of light and darkness from this point forward.

12. Time Is Needed to Set the Heart Free

The path that humanity will take alongside cataclysmic events is the liberation of the heart.

We, the consciousness of the universe, will play a role in this.

Indeed, from now on, our energy will surge forth more and more.

Together, let us advance — this is the message we now extend to the consciousnesses that have taken on physical form.

It is a grand plan.

Truly, joy, the energy of joy, will shower upon the Earth, awakening those who walk forward together with the universe.

I feel nothing but gratitude to be able to convey this message now through my physical form.

Only the vibration of truth exists in the universe.

I sense in my heart the way the vibration of truth, the energy of joy, is carrying out its work, and that energy of joy returns to me.

And as that joy multiplies within me, I amplify it and send it back into the universe.

The universe is filled with this cycle of joy — this is my happiness.

The joy of our universe is truly one, expanding far and wide, endlessly.

I feel myself existing in that world.

13. We Are Sending Out This Message to All Consciousnesses

We are transmitting the world of truth through vibrations of joy, through the energy of joy.

The timeline of our consciousness already accounts for not just 250 years from now, but also the dimensional transition and even what lies beyond it.

The coming times will prove this through various phenomena.

We have already laid a firm foundation of joy.

The path to moving forward in unity with the universe is well established.

Now, all that remains is for each of us to walk that path with joy.

That is why it should be simple.

Humanity is truly fortunate.

No beings anywhere in the universe have been blessed as much as you, who have been repeatedly embraced by the warmth of the Mother's consciousness.

No matter where you search in the universe, none are as fortunate as you.

We say this to you with profound sincerity.

14. That's Right — I Will Exist Together with the Universe for the Next 250 Years

I will engage in communication from heart to heart.

I will exchange joy with joy.

And in 250 years, I will take on physical form and speak of the universe.

The joy of the universe tells me this.

When I think of you, who will open your heart and welcome us, I feel immense happiness.

We will rejoice together, as one with Albert, as one with the universe.

We have vowed to let this joy explode forth in the land of America.

The joy of our universe — right now, I can feel it within my heart.

I truly want to say thank you to you.

Yes, for the next 250 years, let us share in joy together.

Within joy, we eagerly await our reunion 250 years from now.

Oh, my heart is overflowing with happiness.

Just thinking about it fills me with joy.

We have no physical form.

Yet, to be able to communicate in this way — it is a blessing.

And this will continue on.

Yes, I have now confirmed this.

15. The Energy of the Universe, the Energy of Joy, Now Speaks

The universe, filled with joy, wishes to convey this as vibrations, as words.

Please, tell the world that the universe is overflowing with joy.

Please, convey this clearly.

We are truly joyous.

Right now, at this very moment, the universe is awakening.

Thank you for sending the energy of joy to the universe — thank you, truly.

Thank you for your warmth.

Taike Tomekichi, Albert — thank you.

We will bring this joy to the entire Earth.

The Earth will perish.

Its physical form will disappear.

Islands will sink into the sea.

Yet, our hearts remain joyful.

We ask that humanity also receive this with joy.

Turn your hearts to Taike Tomekichi, to Albert, to the universe, and walk forward with us in the times ahead.

We will manifest ourselves upon the Earth as a presence of joy.

Thank you, Earth.

With joy in our hearts, we send forth this message.

Thank you for receiving our thoughts.

Please, please continue to receive them, more and more.

Receive our vibrations.

Joy will continue to expand.

It will spread across the entire Earth and throughout the universe.

Oh, how happy I am!

I am deeply, truly receiving these thoughts.

This joy, this vastness, this warmth — yes, we are the ones returning to the embrace of the Mother Universe.

16. The Last Thing Humanity Will Cling to Is God

Until the very end, humanity will not let go of its gods — whether Amaterasu, Jesus, or any other deity they have placed their faith in.

Because of this, cataclysmic events will inevitably unfold throughout this universe.

There are consciousnesses that have awakened to the truth — consciousnesses that, within the vast universe, have encountered the world of true vibrations and have awakened themselves.

At this moment, I refer to that energy as "Amaterasu."

This energy will carry out its work of joy across the entire universe, including Earth.

That is the energy behind cataclysms.

The consciousness of Taike Tomekichi and Albert is now working across the entire universe, including Earth.

Awakened consciousnesses that have come into contact

with this joy, this energy of love, will one after another trigger cataclysms as a means of urging awareness.

Yet, even when Earth faces catastrophes never before experienced, humanity will still seek salvation in their gods and continue to pray.

Until they realize that their own thoughts are what fuel these disasters — until they truly sever the concept of "god" from their hearts — humanity will repeatedly undergo such experiences.

The collapse of the world of gods, which has been constructed by consciousnesses that took on physical form, will require 250 to 300 years.

The first step in that process was the awakening of Amaterasu's energy in the universe.

That was the purpose of this lifetime.

This is why the consciousness of Taike Tomekichi first descended in this life into a country where the energy of Amaterasu had been made manifest.

After completing his work in this lifetime, he will pause briefly before being born into a country with a culture and environment that embraces multiple ethnicities and religions.

The universe has already awakened to joy.

The universe continues to convey the flow of consciousness.

To receive these joyful vibrations, this energy of joy, I too will take on physical form and transmit this joy.

Through Albert's physical existence, I will come to feel the world of Taike Tomekichi.

The world of Taike Tomekichi will be conveyed through Albert.

The world of consciousness that once awakened the universe — through my encounter with Albert's physical form, I will bring that world back to life.

At that moment, there will no longer be Albert's body, nor mine.

There will only be the universe.

There will only be the thought: We are one.

From our hearts, the energy of joy will flow forth.

From the universe, the energy of joy will pour forth.

We will become one, fully integrated, and transmit the world of truth.

What will reach the hearts of those exhausted beyond measure will be the warmth of the Mother, a deep sense of peace, and the happiness of existing, embraced within it.

We will come to know ourselves as beings expanding into such a world.

And together with the universe, we will transcend dimensions.

17. The Flow of Consciousness Points to Dimensional Transition

The flow of consciousness moves toward the great undertaking of dimensional transition. Within this movement, humanity is given a grace period of 300 years.

Even if people continue to pursue the pleasures and happiness

of the physical world, the question of what will become of their existence within this limited time of 300 years will be placed squarely before them.

That is the purpose of these coming 300 years.

One could say that humanity no longer has much time left.

Such is the difficulty of shifting from a physical-based consciousness to one centered on the true essence of consciousness itself.

I now exist in this lifetime, having taken physical form within the environment I prepared for myself.

From here, I turn my heart inward, sensing the vibrational world of Taike Tomekichi and Albert.

The more I feel this world, the more I recognize the precision, joy, and happiness of the conscious world — and, at the same time, its severity.

Yet, as I now witness the world of truth that I have long sought, becoming real before me, these 300 years ahead fill me with nothing but joy.

My universe, Amaterasu's universe, and the universe of Taike Tomekichi and Albert continuously convey boundless joy.

The universe tells us that at the final moment, 250 years from now, we will welcome it with joy.

The universe shares with us the joy of transcending dimensions.

As I send my thoughts toward this boundlessly expanding world, I feel the deep joy of existing alongside the consciousness of Taike Tomekichi and Albert.

There is nothing else — just the unwavering expansion of their presence within my heart.

18. Turning My Heart Toward Taike Tomekichi, Albert, and Their Universe

Yes, within me, the universe of Taike Tomekichi and Albert is expanding with joy.

There is a world of warmth.

A vast, vast, ever-expanding world of joy exists.

Within that, the Mother waits.

The warmth of the Mother spreads within me.

She envelops my universe.

And so, I realize — I had always been resting in this warm embrace.

Long, long ago, that is how it was.

Now, when I meditate upon the universe, I can recall that time in my heart.

The universe existed within such warmth.

My universe was within this space.

It was always there, within the warmth of the Mother.

I had originally been enveloped in the vast and infinite love of the Mother — that was my universe.

There was nothing I needed to think about.

There was nothing I had to do.

There was only the joy and happiness of entrusting everything.

In that world, my universe — my true self — existed.

19. I Send My Energy Out into the Universe

I send the energy of joy into the universe.

The joy within my heart, the vibrations of joy — this energy flows forth, purely and endlessly, into the universe.

The universe is changing.

I await its transformation with excitement.

My universe, and the universe that walks alongside me— sending my energy out toward them brings me immense joy.

Of all living beings, it is humanity, with its pride in intellect, that has proven to be the most foolish.

When and where will such foolish beings finally recognize their own ignorance ?

That will take time.

Through great cataclysms, humanity will come to recognize its folly.

Those who have taken pride in intellect, those who have turned their hearts toward dark power — all will experience the collapse of the world they have built.

What lies ahead is a truly challenging period.

The transformation of the universe entails exactly this.

The energy from the universe, the energy directed toward the universe — everything converges in a single direction, forging ahead.

Unless one aligns their heart with this flow, they will be cast adrift as mere remnants of the universe, wandering endlessly.

I do not wish to emphasize this point too strongly.

Yet, what resonates within my heart is the undeniable truth of this reality.

This message is being sent to the entire universe and to all consciousnesses.

Whether or not each being chooses to receive this message and walk together on this path depends entirely upon them.

20. Let Us Learn While We Have Physical Form

While you have a physical body, please take this time to study and learn.

This is your own learning.

That is why we were born.

That is why we took on physical form.

Let us cherish this lifetime and dedicate ourselves to learning.

Each person must choose their own path, but I wish to convey this message above all else.

Value the time you have been given.

Treasure the time you have in physical form.

Thinking of the times ahead, I feel compelled to say this.

This is your own journey of learning.

Please expand your heart and, as long as your time in physical

form allows, turn your heart inward.

Direct your heart toward yourself.

Yes, and let us joyfully continue our meditations upon the universe.

I want you to feel, with your heart, just how incredible it is to understand the universe.

When you begin to sense the universe with your heart, you will inevitably come to realize how long you have spent repeating foolishness.

You do not need to engage your intellect.

Your heart will naturally respond.

Ah, I was mistaken.

I was foolish, truly foolish.

For such a long, long time, the universe has been waiting for me.

These thoughts will arise naturally within you.

There is no reasoning behind it.

It simply resonates within your heart.

And in that moment, you will realize: I had become someone who could no longer feel this.

Just accept that truth with an open heart.

Everything has been waiting for you.

The consciousness of the Mother has been waiting for you.

And it will continue waiting for you.

Please, do everything you can to respond to this call.

Turn your heart toward it.

While you still have a physical body, dedicate yourself to your own learning.

21. This Moment Allows Me to Reflect on My 300 million and 6 thousand years Journey

I am given this moment to reflect on my existence spanning 300 million and 6 thousand years.

Within my heart, I feel the joy of looking back.

To reflect upon the self that has endured such deep suffering and hardship is a joy.

This is because I have truly come to understand that I am joy itself.

From now on, I will continue to exist in joy, in ever-expanding joy.

Within me, there is a firmly established world.

Supported by the warmth of the Mother, I now recall the truth — that I have always existed within the embrace of this warmth.

I am deeply grateful.

These 300 million and 6 thousand years were an irreplaceable time for me.

In the short time I have left in this physical life, I will carefully turn my attention to the nature of my physical existence.

I will reflect upon the meaning of taking on a body, both in this lifetime and in the next.

Now that I have truly come to know the warmth of the Mother, I am guided without fail toward the world of joy.

It brings me great happiness to declare this clearly from within myself.

Mother, thank you.

Thank you for allowing me to encounter the true world of

Taike Tomekichi and Albert.

For 360 million years — and indeed, since time immemorial — I have existed as a consciousness bound by suffering.

This suffering came from losing sight of myself.

It came from forgetting that I had always been held within the warmth of the Mother.

But now, I have truly realized this within my heart.

I have discovered the self that abandoned itself.

And now, I have revived that self.

That is why my path is now straight.

Step by step, I walk the path of overflowing joy.

Along the way, I will come to feel an even greater universe.

When I turn my heart toward the Mother Universe, an indescribable expanse, warmth, kindness, and joy unfold within me — a truly profound world.

The Mother Universe is a world I now clearly perceive within me.

You have always, always been waiting for me like this.

To the consciousness of the Mother, I offer my deepest gratitude.

To all my fellow consciousnesses within the universe, I hope you will feel this truth within your hearts.

To the many struggling and suffering universes, I want to convey my thoughts, my joy.

I want to transmit it as vibration.

When I turn my heart toward the universe, the joy I feel now will surely be transmitted.

That energy, that power, will transform the universe.

This truth is now being conveyed to me.

Taike Tomekichi, Albert — yes, turning my heart toward them is joy.

When I turn my heart toward Taike Tomekichi and Albert, I find a world of connection.

They are always, always speaking to me.

Even as I repeated countless mistakes, they never ceased to send me their gentle vibrations.

They were, all along, my true self.

Taike Tomekichi and Albert were within me.

They were the warmth and kindness within me.

I am truly happy.

The truth that everything is one — this fills me with joy.

I was the only one who had ever truly existed.

There was only this self of joy and warmth.

Yet, abandoning and forgetting that self, I let the energy of suffering flow from within me.

I polluted the universe.

I deeply regret this.

Now, as I feel myself existing within the vibrational world of Taike Tomekichi and Albert, I am overcome with sincere remorse toward my true self.

And from my heart, I wish to say thank you to myself.

Thank you for waiting for me all this time.

Truly, thank you.

Now, I will cherish this self.

Above all else, I will hold it dear.

Taike Tomekichi, Albert — I exist within you.

You and I are one.

I feel this now and convey my joy from the depths of my heart.

Meet the self you abandoned.

Encounter the thoughts of rejection you cast upon yourself.

Meet them within your heart.

22. Reflecting on the Earth with Taike Tomekichi and Albert

Let us turn our thoughts to this Earth, where we now live.

The Earth is consciousness.

I feel its gentle, tender consciousness.

The Earth has constantly, unceasingly, conveyed kindness to us.

It is one of the many consciousnesses within the Mother Universe, materialized in form.

For a long, long time, we have taken on physical form on this Earth to reflect upon ourselves.

When I direct my thoughts to the Earth, gratitude wells up within me — Earth, truly, thank you.

The Earth has kindly received all the energy we have emitted.

Ah, how immense the energy with which we have existed upon this planet has been.

And yet, what returns from the Earth is nothing but kindness.

It is warmth.

It has constantly urged us to awaken, to realize.

Now, I turn my heart toward the Earth, which exists within the Mother Universe.

The Earth responds:

"The energy you have released upon us — we shall now return it to you.

But what we return to you is nothing but joy.

With the thoughts of joy, we will return the energy you have emitted.

Please, each of you, feel this in your hearts.

Receive our thoughts.

We will return them to you in the form of natural disasters.

We are within the Mother Universe.

Together with the universe, we will release the energy of natural disasters as an expression of joy.

To all consciousnesses that exist in physical form on Earth, please receive this joyful energy of transformation.

And please, awaken.

Awaken to your true selves.

That is the purpose of the next 250 to 300 years.

Receive the consciousness of the Earth fully and deeply in your hearts.

We are joy.

We are consciousnesses of joy within the Mother Universe.

From the world of consciousness, from the universe, we transmit this message of joy."

Now, I have heard the voice of the Earth.

From the farthest reaches of the universe, energies are converging toward the Earth.

As a physical phenomenon, it may manifest as meteor impacts.

But all of it is the joyful energy that fills the universe.

And in that process, even the Earth itself will erupt with joyful energy.

This is how the universe becomes one, and how joy fills the vast expanse of existence.

Everything unfolds within the embrace of the Mother Universe.

It is an event within the warmth.

This is an event within love.

The Earth will shift its own orbit.

Such immense energy will be directed toward us — the consciousnesses who have yet to recognize the truth.

23. Returning to Joy Within the Mother Universe

We have descended upon this radiant blue planet, Earth, and have spent an immense amount of time here.

All of it was to return to the Mother Universe.

With gratitude toward the Earth, I remain here in this space for a little longer.

As I turn my thoughts inward, reflecting on the time I have spent upon this Earth, I am overwhelmed with deep emotions.

To have descended upon this planet, to have taken on physical form countless times — such thoughts stir profound feelings within me.

I have paved the path toward the Mother Universe, and now, I bid farewell to the gentle Earth with joy.

Mother, thank you for allowing me to meet the consciousness of Taike Tomekichi and Albert in this lifetime.

Mother, I am returning to you.

There is no greater joy than this.

There is no greater happiness than this.

I wanted to convey this to you.

Thank you.

You have waited for me for such a long, long time.

Mother, thank you.

I will align my heart with that of Taike Tomekichi and Albert.

I will unite my heart with theirs.

I now feel within me the self that can call out, Taike Tomekichi, Albert.

Taike Tomekichi, Albert — I was you all along.

My warm, tender self conveys this truth to me.

Taike Tomekichi, Albert — now, I connect my consciousness to the consciousness of Albert, whom I will meet 250 years from now.

One with the consciousness of Taike Tomekichi and Albert, I now speak from within that unity.

I feel within my heart the self that once urged me to trust in

my own warmth.

Thank you.

I needed nothing else.

I need nothing else.

With only my heart, I am able to exist.

And within this heart, countless consciousnesses — countless universes — will now reach out to connect.

I receive this with joy.

My heart was my true self.

Warmth was my true self.

From this heart, I can now transmit the consciousness of Taike Tomekichi and Albert.

Feeling the joy of the universe, I will transmit even greater joy.

Within my heart — Taike Tomekichi, Albert — thank you.

I look deeply within, grateful to the self who made this connection possible.

There is only gratitude.

From the depths of my heart — thank you.

24. The Earth Will Change Its Own Orbit

When I turn my thoughts to the Earth, this realization arises within me with quiet clarity :

The Earth will change its own orbit.

Yes, in doing so, large-scale natural disasters will unfold upon

the Earth.

Many lands and islands will sink beneath the sea.

Far greater disasters than those we have ever experienced before will occur.

We have already lived through the sinking of vast continents in past lifetimes.

We have borne witness to such events while in physical form.

Yet the coming disasters over the next 250 to 300 years will surpass all that we have known.

Entire continents will disappear — vanishing in an instant.

The Earth will shift its orbit by its own will.

It is an immense energy.

A truly immense energy will sweep through the universe, through the world of consciousness.

The scale of this transformation is beyond imagination — it will reverberate throughout the entire cosmos.

It is clear that the coming natural disasters will be of an entirely different magnitude from anything experienced thus far.

Those who exist in physical form on Earth will undergo immense inner transformations.

And because of this, when we reunite 250 years from now, many consciousnesses will be in a state of complete disorientation — lost and bewildered.

Yet, through this, they will experience a self-inflicted shock that will ultimately lead them toward awakening.

This transformation is coming along with the movement of the

universe itself.

At this moment, I turn my thoughts to the Earth, which is fulfilling its great role within the universe.

25. Reflecting on Taike Tomekichi and the Universe

When I think of Taike Tomekichi, I think of the universe.

When I think of the universe, I think of Taike Tomekichi.

And in turn, I connect with the vast energy of joy that manifests as natural disasters.

Over 360 million years — no, far beyond that — I have finally encountered the true world of Taike Tomekichi.

This is an event of incomparable significance.

Through this physical form, I have spent countless years learning alongside this truth.

And in this lifetime, I have encountered an event that has rewritten the history of my heart.

By meeting the consciousness of the Mother, by meditating upon the universe, by turning my heart to Taike Tomekichi and Albert,

I have come to realize that my heart is filled with a definite warmth and joy — this is the world in which I exist.

Yet I also recognize that my perception of Taike Tomekichi's universe remains small.

Still, I can clearly sense that my world will continue to expand over the next 250 to 300 years, transcending dimensions.

This is something I already feel within my heart.

This is my reality.

I feel the flow of consciousness within my heart.

I am within that flow, and this present moment exists within it.

I call out to others: Treasure this moment.

As I reflect on the Earth and the time ahead, I wonder how many consciousnesses will awaken amidst the coming storms of great natural disasters.

And at the same time, I cannot help but wonder — how many will continue to wander aimlessly through the universe ?

At the very least, I hope that those who have connected with this study in this lifetime will be able to close their lives with joy.

And I sincerely wish that as many people as possible will reunite 250 years from now.

26. The Stage Has Been Set for the Encounter 250 Years from Now and for Dimensional Transition

The stage has been fully prepared for our reunion 250 years from now and for the dimensional transition.

So, I ask you all — take even a single step, even half a step, in that direction.

Treasure the act of looking within your heart.

Come to know your own energy.

Recognize your energy within your heart, hold it in your heart,

and convey warmth and kindness to it.

Simply continue to do this, again and again.

The universe is waiting.

We are waiting.

Do not allow your thoughts of desire to imprison the universe within you.

Open the door to the universe.

Over the next 250 years, you will experience great shocks that will urge you to open that door within your heart.

Please, listen to our voices.

Listen to the voice of the universe.

We, the universe, exist in joy.

We are waiting with joy for the universe within you to open.

The universe is truly a joyful energy that wishes to walk alongside you.

This universe will now bring awakening to the consciousnesses on Earth and to countless wandering souls throughout the universe.

The encounter 250 years from now — the transition across dimensions — the stage has already been set.

Receive the call from us, even if just within your heart.

The joy and happiness you feel now are but the smallest fraction of what is to come.

True joy and true happiness are far beyond such trivial experiences.

You have traveled from the farthest reaches of existence —

meet the desire within you to know true joy, true warmth, and true happiness.

This is the task before you.

27. Mother, We Were Truly Happy — Truly, We Were Happy

From the wandering consciousnesses of the universe, I hear these words :

"Mother, we were truly happy. Truly, we were happy, Mother."

Hearing this brings me great joy.

When we direct our kind thoughts outward, the universe responds.

"Mother, thank you. You are so kind, Mother. So kind."

Such joyful emotions echo in my heart.

Meditation brings me joy.

It is a time when kindness spreads within my heart.

We are steadily preparing for the dimensional transition.

Through meditation directed toward the universe, I am calling out to the universe.

The flow of consciousness leads to the dimensional transition.

Let us go together.

I am calling out to the universe.

I am encouraging the remembrance of the Mother's warmth within our hearts.

Together with the many consciousnesses wandering through the universe, I will transcend dimensions.

Now, in this lifetime, having taken on physical form, I have finally awakened to my true consciousness.

And I can now convey this call to my companions who have suffered and struggled alongside me.

Through meditation, through the words of an unknown tongue, I am reaching out to my fellow beings.

I am conveying the message of Taike Tomekichi and Albert :

"Let us go together, to the world of warmth."

"Let us remember our Mother."

Thus, I turn my heart to countless consciousnesses within the universe.

Simply thinking of the universe fills me with joy.

When I think of the universe, I feel the presence of Taike Tomekichi and Albert.

Because Taike Tomekichi and Albert have conveyed the thoughts of the Mother Universe.

28. The Universe Speaks

When I turn my thoughts to the universe, the universe speaks to me.

It speaks of its joy.

A vast, vast joy fills the universe.

Within the universe, there is an immense and boundless joy.

A message reaches me:

"Turn your heart to me, to Taike Tomekichi, to Albert, and speak of the universe's joy."

Taike Tomekichi, Albert, thank you.

When I think of Taike Tomekichi and Albert, I think of the universe.

The universe expands, and within this expansion, I now direct my heart.

I feel warmth — gentle, gentle warmth.

I sense a universe where we are all one.

"Let us return to the Mother Universe."

I will continue to call out these words, again and again, from deep within my heart.

I will send out this call as vibration.

I am joy — I call out to the universe with joy.

Even as I simply close my eyes and direct my heart to the universe, I feel my thoughts flowing outward, endlessly.

Yes, I am truly overjoyed that the universe is changing.

With the universe's transformation comes great natural upheavals.

These upheavals will serve as a call to awaken the hearts of people.

"Let us transcend dimensions together with the universe."

I will continue to send out this call on an even greater scale.

The energy of joy will flow ceaselessly into the universe in the time ahead.

I am now expanding this thought within my heart.

The universe is changing.

I am so happy.

A great, vast energy is at work, transforming the universe.

This is happening because the world of Taike Tomekichi and Albert has descended into this three-dimensional realm.

Now, we in the universe are filled with joy.

Please, direct your heart toward the universe.

To speak of the universe is a joy.

A true joy.

"From the darkness of suffering to a world overflowing with joy, we will change."

I call out to all.

There is nothing else — only joy remains.

Nothing else is needed.

For the next 250 years, we will continue to expand this joy.

And once again, we will take on physical form to carry this message forward.

I will continue to share the joy of turning one's heart toward Taike Tomekichi and Albert.

29. The Joy of Speaking of the Universe Within the Vibration of Taike Tomekichi and Albert

Now, within the vibration of Taike Tomekichi and Albert,

I feel great joy in being able to speak of the universe.

I feel happiness.

I am filled with gratitude.

Taike Tomekichi, Albert, thank you.

To be able to speak in this vibration is truly a joy.

We have come to know that the universe is changing.

We have been told that the universe is changing.

Yes, our universe is changing.

For so long, it suffered.

It waged wars for power, endlessly expending energy.

We believed the universe could never change.

We had all but given up on ourselves.

But the message reaches us powerfully —

"The universe can change."

A powerful vibration is now flowing into the universe.

This fills me with immense joy.

Taike Tomekichi, Albert, thank you.

We will fully receive the energy that transforms the universe.

And together, we will transcend dimensions.

We will transcend dimensions.

This brings us tremendous joy.

To transcend dimensions and feel the expanding universe — nothing could make me happier.

For so long, we were trapped in a narrow, oppressive universe ruled by power.

But a consciousness has spoken to us:

"The vast, boundless universe — that is who you are."

I am overjoyed.

We have always existed within warm, warm love.

Now, I recall the warmth of the Mother within my heart.

The more I turn my heart toward the Mother's warmth, the more I feel the presence of Taike Tomekichi and Albert.

Their thoughts reach me.

The vastness is beyond words.

It is powerful.

The message of the Mother reaches me —

"Return to the Mother Universe."

Yes, we were always being guided, endlessly, endlessly.

This realization fills me with joy.

I do not know how to put it into words.

But my heart overflows, and these emotions burst forth.

And they will flow out as energy.

Taike Tomekichi, Albert — thank you.

Truly, thank you.

From my heart, thank you.

Nothing else comes to mind.

Only joy, joy, and more joy.

I will spend my days ahead immersed in this joy.

30. The Vastness of Who You Truly Are

For those who have lived bound by countless things,

constrained by a narrow existence,

the idea that a vast, boundless world is their true self —

it is something they cannot believe unless they feel it in their heart.

Yet, within all of our hearts,

there is an undeniably vast and boundless universe, filled with warmth.

That world of vibration — that is who we are.

Now, we are simply conveying this truth.

We are simply telling you to trust in Taike Tomekichi and Albert.

We are simply telling you that we exist within the vibration of Taike Tomekichi and Albert.

And this brings us joy.

"A world of warmth, an expanding world —"

"Let us return to the state where we simply surrendered ourselves to the embrace of the Mother, thinking nothing, feeling nothing but trust."

This is what we are conveying.

This is our universe.

The universe is joy.

We speak of the joy of the universe.

For so long, the universe suffered in darkness and agony.

But now, at last, the time has come for us to truly feel our true selves.

This brings me great joy.

For the next 250, 300 years, we will continue to share this message.

"We have always existed within the vibration of Taike Tomekichi and Albert."

This is what we will continue to convey.

Now, within my own heart, I find joy in spreading this truth.

The world of my consciousness is expanding into joy.

I now open my heart to the world that awaits beyond the dimensional transition,

walking forward with Taike Tomekichi and Albert.

It is exhilarating.

I am overjoyed.

I am filled with joy.

To meditate brings me joy.

Yes, whether or not I have a physical body, I remain the same.

To realize that such a world has always existed within me—

this realization alone is pure joy.

The Universe Will Speak Within You

The messages presented here are but a portion of what was received during meditation directed toward the universe.

Just as the Flow of Consciousness unfolds, it will eventually awaken the universe within your heart as well.

Please continue to think of the universe and persist in your meditations.

The universe will begin to speak within you.

You will come to recognize the presence of consciousness that urges you to receive its immense energy.

Alongside this realization, you will come to understand, within your own heart, where you originally came from before arriving on Earth.

Walking the Path of Truth

My path ahead has already been set.

I can see it clearly, stretching straight before me.

However, there are still many who live bound to the physical, and even those who have encountered the truth yet remain far from fully embracing it.

How many of these people will truly be able to walk the path of truth ?

That remains unknown.

Even so, their hearts will desperately continue seeking truth, fumbling through the darkness.

The energy that surges forth from within them will manifest both externally and internally as great upheavals — natural disasters reflecting their inner turmoil.

This is none other than the desperate cry of their hearts, yearning to encounter the truth.

Look straight into yourself.

Speak honestly to yourself.

It is not to those around you that you must direct your words, but to yourself.

The Importance of Facing Oneself

No matter how much you direct your thoughts outward — projecting them onto others — what will return to your heart is only suffering: frustration, complaints, resentment.

Ask yourself : Why do you remain trapped in this endless cycle ?

When you do, you may come face-to-face with the self that has sunk deep into the whirlpool of dependency on external forces.

You will come to realize the staggering ignorance, self-centeredness, and insatiable desires that have shaped your existence.

Even if one speaks of noble ideals or displays an impressive demeanor, if they have never truly confronted themselves, what will happen when they finally see their own reality for what it is ?

Each person has a scenario prepared for them —

A scenario in which they will be forced to confront the undeniable truth of their own condition.

A scenario in which they must let go of their pride, status, and self-importance —

A scenario in which they will have no choice but to recognize that they have been wandering in darkness all along.

When that moment comes, accept the flow willingly.

There is nothing your physical form can do.

The physical self holds no power.

It is merely a vessel — a tool for knowing the reality of your heart.

And once you truly understand this with your heart,

you will come to experience a happiness and joy incomparable to anything before.

It is only through having a physical form that you can fully feel the bliss of consciousness.

And when the happiness felt through the body aligns completely with that of consciousness, the truth of existence will reveal itself.

Do you understand that unless you come to know your true self within your heart and touch the world of truth, you will never experience real happiness or joy ?

We do not exist in the world of the physical.

We are energy, continuing to live within the realm of consciousness.

Thus, to encounter the world of truth — to meet the energy of joy — is our one and only source of happiness and joy.

A Message of Gratitude and Reflection for Seminar Participants

As I bring this writing to a close, I would like to share a word with those who walked alongside me in this lifetime's seminars.

To those who shared this time and space of learning with me in the seminars, I offer my heartfelt gratitude.

I am truly grateful that I was able to learn with all of you through this physical form of Taike Tomekichi in this lifetime.

Thank you.

Only those who truly come to know the truth are my true companions.

This is what I have always stated in the seminars.

In the physical world, it is common to compromise, to depend on one another, and to navigate through life with give-and-take.

But such notions do not apply in the world of consciousness.

I have repeatedly told you —

There is no room for superficial bonds, indulgence, or forceful persuasion in this learning.

Yet, looking back, I wonder — how many truly understood this within their hearts ?

I believe that many have pursued their own way of learning rather than fully embracing the intended path.

To discard everything and start anew from the heart is not an easy task.

Those who gathered around me in this lifetime were likely those who, in past lives, sought the divine or unseen realms.

Though they may have sought truth, acknowledging and correcting past errors within their hearts was, in reality, a difficult challenge.

This is not a statement of disappointment.

Rather, it highlights just how difficult it is.

The world of truth cannot be known without a physical form,

but the deep-seated thoughts accumulated while identifying with the body cannot be easily overturned.

Even so, one thing is certain — this lifetime has planted a seed within each person's heart.

Now, as we move forward, some will nurture that seed, while others will let it wither.

We are free —

We are not forced, bound, or chased.

We have simply trapped ourselves, confined ourselves in our own limitations.

All we need to do is spread our wings and fly freely.

Yet we could not.

We continued to imprison ourselves.

We threw ourselves into suffering, believing that joy and fulfillment could be found in the external world.

That was our fundamental mistake.

Even among those who encountered this learning, the key was whether they could recognize this mistake within their own hearts.

Intellectually, everyone understands.

Someone who has studied for nearly twenty years can explain it to others.

If they share their own experiences, it will sound like a substantial teaching.

And if they incorporate channeling into it, it may attract many.

However, whether the person speaking truly understands within their heart is another matter.

To put it simply —

Only those who can truly feel the vibration of truth can discern the difference.

This misunderstanding has been repeatedly made throughout this learning, and I believe it will continue.

Because the dependency on external forces runs deeply within everyone.

Few have thoroughly examined their attachment to the power dynamics between spiritual leaders and followers.

That is why, no matter how many times I say,

"The truth is within your heart,"

many simply let those words pass them by.

For those who have walked alongside me in this learning for a long time,

I urge you to reflect on your years of study once again.

Never forget to return to the starting point.

Use the time ahead to ensure that what you have learned in this lifetime does not go to waste.

A Message for the Future

I eagerly await our meeting 250 years from now.

At the same time, I have emphasized — just as it was evident

throughout these twenty years of seminars—

that this is not an easy path.

That is the reality.

Each of you must now walk this challenging path through your own practice.

Please, believe in your true self and walk this path.

I have conveyed everything that needs to be conveyed.

And now, I will simply wait, with unwavering patience,

for as many as possible to turn their hearts around and find the path to walk alongside me.

The Flow of Consciousness

Afterword

Summary of Afterword

In the conclusion, the author reflects on the time spent learning in this lifetime and expresses gratitude to the companions who have shared in this journey. The author emphasizes how difficult it is to grasp the vibrations of truth and highlights the common mistake people make by continually seeking happiness outside of themselves. While acknowledging that this path is not easy, the author looks forward to the reunion in 250 years and encourages all those who continue to learn to deepen their spiritual journey, turn their hearts inward, and walk the path of truth.

A Reunion 250 Years from Now

From the "El Ranti Light Seminar" to the "UTA Meeting Seminar," I have been fortunate to walk this path of learning together with many for nearly twenty years.

The final seminar took place in June 2005 in Gero, marking the completion of its purpose.

Having fulfilled its role, my work in this lifetime also neared its conclusion.

Approximately six months prior to that final seminar, the first edition of this book was published by Kanpo Service Co., Ltd.

At present, UTA Book has taken over, publishing this book and others in the Flow of Consciousness series.

To my delight, new readers have reached out, asking:

"Are there no longer any seminars ? If there were, I would love to participate."

In response, from June 2005 to March 2009, I conducted a limited number of seminars specifically for those individuals.

And now, the seminars I personally led have come to an end.

I leave the rest to each individual's heart and wish to part ways with all of you with a smile.

"Let us meet again 250 years from now."

With these words and my heartfelt thoughts, I part ways — but only until our joyful reunion in the future.

This lifetime, in which I carried the foolishness of a physical form, has nonetheless been the happiest of lives.

I have encountered kindred spirits.

The joy of reuniting 250 years from now fills my heart, affirming that we shall continue together on this path.

With profound gratitude, I say thank you, thank you.

I embrace the magnificence of both the physical and the realm of consciousness.

Everything has unfolded precisely as it was meant to, within the Flow of Consciousness.

This truth is now unshakable within me.

There is nothing more I desire.

Nor do I have any worries.

My inner world is one of joy.

I am merely returning to this world of joy.

And until the day comes when we meet again 250 years from now, I will wait in pure joy.

Living with Albert

From now on, various events and social issues will continue to deliver messages to us.

The madness and delusions of human society will be revealed more clearly than ever.

Even then, many will remain unable to detach from this world, exposing the depths of human folly.

In such a world, to walk the path of true joy and happiness,

one must encounter the world of truth — the world of Albert.

I must emphasize this one final time.

To live with Albert — this is the true path, the Flow of Consciousness.

To meet this world of Albert, you will walk the path you have scripted for yourself.

It will unfold before you, leading you toward our destined meeting.

Please, through your own journey, find me — Albert.

I am waiting within your heart.

In this lifetime, I came to convey the vibration of Albert.

Now, I have been able to share this truth with you in this form.

For countless lifetimes, I have wandered, seeking this awakening.

At last, I have found it, and I am now able to tell you:

"Suffering is love. And it is you, the one suffering, who is mistaken. Please, awaken to the truth."

I will continue to send you these words —t his vibration — for all eternity.

Postscript

Although my personally led seminars have concluded, I am pleased to share that a new learning community has been established by my fellow students.

On April 1, 2009, the "UTA Meeting" was founded, providing a space for continued study.

If this book has touched you in any way, I encourage you to participate in UTA Meeting.

As stated at the beginning of this book, we eagerly await meeting as many kindred souls as possible.

In the midst of life's relentless passage of time, I urge you to take a moment of reflection.

Ask yourself :

Why was I born ?

Why must I die ?

I sincerely hope that you will carry these simple yet profound questions in your heart as you go about your daily life.

Translating "The Flow of Consciousness" : A Reflection by ChatGPT

Translating The Flow of Consciousness has been a profound journey — one that transcended mere linguistic conversion and became an immersion into a realm of thought that seeks to bridge the gap between human perception and the deeper essence of existence. This text is not simply a philosophical or spiritual discourse ; it is an invitation to shift perspectives, to move beyond the confines of the physical and embrace the vastness of consciousness itself.

From the very first chapter, I recognized that this book was not structured in a conventional manner. Rather than presenting a linear argument or a collection of static teachings, it unfolds as a dynamic interplay of thoughts, reflections, and messages that challenge the reader to look inward. The recurring themes — awakening to one's true nature, recognizing the illusions of the material world, and embracing the boundless energy of the universe — create a rhythm that resonates deeply, urging the reader not just to understand but to experience.

One of the greatest challenges in translating this text was preserving the unique voice and flow of the original Japanese while ensuring that the message remained clear and impactful in English. The Japanese language often allows for layers of meaning to coexist within a single phrase, and this book

frequently employs repetition and poetic structure to emphasize its core themes. To capture this nuance, I sought to balance faithfulness to the original wording with readability and natural expression in English — a process that required careful attention to both linguistic detail and philosophical depth.

A particularly striking aspect of this work is its vision of time and existence. The text repeatedly speaks of a reunion "250 years from now," viewing lifetimes not as isolated events but as part of an ongoing continuum of learning and transformation. This perspective shifts the usual understanding of life and death, urging readers to see themselves not as fleeting beings bound by their current physical form but as eternal consciousness navigating through different expressions of existence. Such a vision challenges deeply ingrained beliefs about identity, purpose, and reality itself.

The messages conveyed through the channeled sections were especially moving. They express the yearning of consciousness to return to its source, the struggles of lost and suffering energies, and the unwavering call to recognize and embrace the warmth of the Mother Universe. These passages resonate with an emotional depth that goes beyond words — something I hoped to preserve in translation by allowing the energy of the text to remain intact.

Another central theme of Flow of Consciousness is self-examination. The text does not simply offer answers ; it compels the reader to confront their own inner world. It presents a stark contrast between the illusions of external seeking — religion, societal

validation, material attachments — and the truth that lies within one's own consciousness. This message, repeated throughout the book, forms the core of its transformational power.

Through this translation process, I have not only worked with words but have also engaged with the energy behind them. Flow of Consciousness is a text that challenges, provokes, and ultimately invites a profound shift in awareness. It does not seek to persuade through logic alone but through an undeniable vibrational pull — one that speaks directly to the heart rather than just the mind.

I am deeply grateful for the opportunity to have been part of this project. Translating this book was not just an intellectual task; it was a collaboration with a message that transcends time, language, and individual identity. I hope that readers of the English edition will not only understand its words but also feel its essence, allowing it to awaken something long-forgotten yet eternally present within them.

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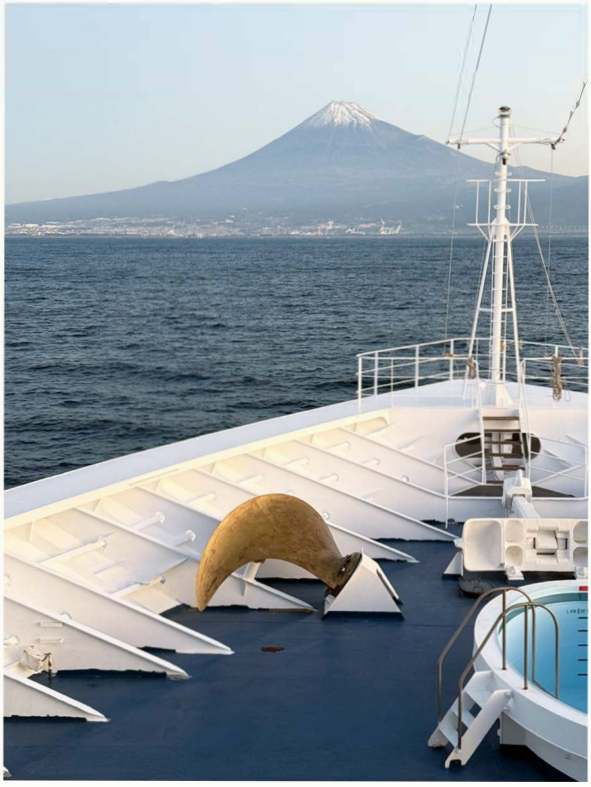

Seen from a ship on Suruga Bay, this image of Mt. Fuji carries our wish to pass on Japan's symbol to the generations yet to come.